

Ohio Department of Health Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 3-year grant are to:

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- **Goal 2:** Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

Strategies and Activities

The Ohio Department of Health (ODH) and its partners will:

- Increase the number of facilitator trainings offered for Stepping On, Tai Chi for Arthritis, and A Matter of Balance in underserved areas with

special emphasis on persons with disabilities and persons living in rural areas.

- Partner with Ohio State University Extension Offices to implement Bingocize virtually in highest 10 burden counties.
- Development and implement a Sustainability Workgroup within the statewide falls coalition.
- Build infrastructure and pilot a regional referral network hub in one high-burden Area Agency on Aging.

Proposed Interventions

- Tai Chi for Arthritis
- A Matter of Balance
- Stepping On
- Bingocize

Partnerships

To achieve the goals of the grant, ODH will collaborate with the following key partners:

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- Area Agencies on Aging in Ohio
- Becky Rahe, TCA Master Trainer
- Ohio Department of Aging
- Ohio Injury Prevention Partnership
- Ohio Older Adult Fall Prevention Coalition
- Ohio State University, Extension Office-Aging Team
- People Working Cooperatively
- TriHealth, Stepping On Master Trainers
- Western Kentucky University
- Wisconsin Institute for Healthy Aging

- Achieve 3,934 participant completers.
- Expand access to evidence-based balance and mobility programs in 10 high burden counties in Ohio.
- Create a referral network model to be implemented in one high risk AAA region.
- Offer facilitator trainings and technical support that leads to sustainable programs in high-burden areas with underserved populations.

Anticipated Results

The ODH and its partners propose to achieve the following results:

- Engage 5,611 older adult participants through Stepping On, Matter of Balance, Tai Chi for Arthritis, and Bingocize.

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