Guidance for Navigating the National Falls Prevention Database Webinar

Administration for Community Living
National Council on Aging

PRESENTERS

Donna Bethge, Kenny Rosenkranz, Meghan Thompson

June 27, 2022
<table>
<thead>
<tr>
<th>1. Welcome from NCOA &amp; ACL</th>
<th>5. Forms Management &amp; Data Quality Assurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Database Overview &amp; Terminology</td>
<td>6. Live Demo: Using the National Falls Prevention Database</td>
</tr>
<tr>
<td>3. Data Collection Forms</td>
<td>7. Next Steps</td>
</tr>
</tbody>
</table>
Speakers

Donna Bethge, Administration for Community Living/Administration on Aging

Kenneth Rosenkranz, Data Management and Analysis Associate, NCOA

Meghan Thompson, Data Manager, Health & Wellness Department, Sound Generations
Data Collection Grant Requirements:

• Funding opportunity announcement notes that grantees must "Collect required program data…by way of ACL’s specific data collection forms."

• Data should be reported within 30 days of program completion.

• Grantees should train local coordinators, workshop leaders, etc. on data collection practices and use of forms
Importance of Data Collection

- Evaluate grantee performance
- Determine program reach and participant demographics (i.e., ethnicity, age, gender)
- Report participant outcomes to determine the impact and value of the programs
- Conduct research
Contact Information

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Database Overview & Terminology
Preface: Upcoming Changes

• Existing Falls database (managed externally by Sound Generations) to be migrated to NCOA systems by the end of this calendar year.
• Retraining on data entry
• Merger with CDSME (one-stop service for dual users.)
• Enhanced reporting features
• Data import through REST APIs
National Falls Prevention Database – By the #’s

156,577 Program Participants
13,488 Workshops
124 Active Database Users
42 Active Networks
27 Active States in Past Year

As of 6/24/2022
17 Programs in the Falls Database

- A Matter of Balance
- Bingocize
- CAPABLE
- EnhanceFitness
- FallScape
- FallsTalk
- Fit & Strong!
- Healthy Steps in Motion
- Healthy Steps for Older Adults
- Otago Exercise Program
- Pisando Fuerte
- Stay Active and Independent for Life
- Stepping On
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance
- Tai Chi Prime
- YMCA Moving for Better Balance
Technical Assistance - What can NCOA do for you?

- Set you up in database
- Troubleshoot data Entry & monitoring issues
- Upload data from vendors
- Retrieve data & create custom reports
- Provide more in-depth data analyses
Terminology

**Program**: An evidence-based falls prevention intervention (A Matter of Balance, Tai Chi for Arthritis, Stepping On, etc.)

**Workshop**: A class or group meeting through which a program is delivered to participants.

**Session**: A meeting of a workshop, e.g., an hour-long class period or an encounter

**Participant**: A person that attends at least one class

**Leaders or Coaches**: The people who are trained to deliver the falls prevention programs
**Terminology**

**Implementation Sites**: The physical locations where workshops meet or a program is delivered.

**Host Organizations**: The organizations that sponsor workshops, perhaps hold the license for a program, train or employ leaders, and arrange for the use of implementation sites.
Data Collection Forms
Data Collection Forms & Where to Find Them

OMB approved data collection forms
- Participant Information Form (Pre-Survey)
- Participant Post Program Survey Form
- Attendance Log
- Falls Program Information Cover Sheet
- Host Organization Information Form

Other forms
- OMB Approved Falls Prevention Program Group Leader/Coach Script
- Optional Questions for Participant Pre- and Post- Surveys

All data collection forms can be found on the Falls Prevention Grantee Resources Webpage
Translated Data Collection Forms

- Spanish
- Chinese
- Hmong
- French
- Italian
- Polish
- Russian
- Korean
- Vietnamese
- Cambodian (Khmer)
Adding Questions to Participant Information Forms: Optional Survey Questions

• Optional question suggestions for participant pre- and post- forms are posted on the National Falls Prevention Grantee Resources webpage.
  o Including yourself (and your spouse, if married), what is your combined monthly gross income now? Consider all sources of income, including Social Security, pension, etc. (Less than $1,000 to $4,000 or more)
  o Are you here as a caregiver to a person with Dementia? (Yes/No)
  o What is your zip code?
  o Please indicate which type of insurance you have. (E.g., Medicare, Humana)
  o Additional chronic condition: Early-stage dementia
  o Were you referred here today from a Facebook ad? (Yes/No)
  o Have you taken this falls prevention program before? (Yes/No)
  o Have you taken a falls prevention program before? (Yes/No; If yes, please indicate program name)
Adding Questions to Participant Information Forms: Optional Survey Questions

- Timed Up and Go Test (Number of seconds)
  - Test instructions available [here](#)
- Chair Stand Test (Reps)
  - Test instructions available [here](#)
Adding Questions to Participant Information Forms: Optional Survey Questions

• To add questions to the OMB-approved participant forms:

  o Send an email to your ACL Project Officer and NCOA Technical Assistance Liaison to request approval for the addition(s). Attach a Word document of the participant survey(s) with the additions included.

  o Remove the OMB control number from the form.
Privacy & Security Basics
Privacy and Data Security Practices

• Privacy and Data Security Practices – NCOA CDSME and Falls Prevention EBP Databases (Privacy and Data Security Practices - NCOA CDSME and Falls Prevention)

• Privacy Act of 1974 Public Law 93-579 (5 U.S.C.A. 552a): Protects records that can be retrieved by personal identifiers, e.g. name, social security number, or other identifying number or symbol

• Your Responsibility
  o Store completed data collection forms in a secure, locked cabinet when not in use
  o Ensure data is entered into a secure, password protected database, such as the ACL National Falls Prevention Database
  o Train all staff, facilitators, and anyone handling, transferring data forms, in paper or electronic form
  o Disclose rights to participants (voluntary information on surveys, how their information is to be protected)
  o Follow best practices for storing, sharing, and transmitting data
Privacy and Data Security Practices

• You can destroy the following forms immediately after entering data into the database:
  o Participant Information Form (Pre-Program)
  o Participant Post Program Survey Form
  o Attendance Log
  o Falls Program Information Cover Sheet
  o Host Organization Information Form

• **Keep electronic copies** of data for at least 3 years past last report date associated with the grant.
  o Once the data is entered into the ACL National Falls Prevention Database, Sounds Generations will keep electronic records of the data for at least 3 years.
Training Staff on Safeguarding Participant Information

• Hold In-person/online training:
  o Review “Privacy and Data Security Practices – NCOA CDSME and Falls Prevention EBP Database” with all staff: [Privacy and Data Security Practices - NCOA CDSME and Falls Prevention](#)

• Collect Certificates of Completion from staff to verify completion of training (Neither NCOA nor ACL require copies of these)

• Collect Non-Disclosure Agreements from all staff and keep those for at least 3 years:
  o Acknowledgement that participant information should not be shared with others and should be safeguarded appropriately
  o English: [Privacy and Data Security Practices - NCOA CDSME and Falls Prevention](#)
  o Spanish: [Privacy and Data Security Practices - NCOA CDSME and Falls Prevention](#)

• Use encryption technology when sharing or transferring sensitive data: Use a S-FTP (Safe File Transfer Program), e.g. Movelt. Required for any grantee/user sending or receiving sensitive data.
Forms Management & Data Quality Assurance
Forms Management & Quality Assurance Recommendations

Leaders/coaches or site coordinators
- Keep the forms together for a given workshop from its start date to its end date
- Submit all forms together for a given workshop for data entry as soon as possible after completion of a workshop, and at least within 2 weeks of its end date

Data entry person
- Review forms when received to be sure the packet is complete
- Follow up promptly with leaders or site staff to clarify any issues
- Enter forms into the database as soon as possible. Have a system for managing the flow of forms (e.g., a checklist).
- If you cannot get clarification, leave unclear responses blank
- Missing attendance logs: Do not enter data from workshops with NO Attendance Log into the database
Reducing Missing Data

1. Build in time for participants to complete the pre- and post-program surveys, e.g., host a Session 0
2. Assist participants – consider literacy and cognitive challenge
3. Offer help to workshop leaders
4. Review workshop leader script, emphasize the value of feedback for future funding, programming, etc.
5. Build excitement for data by sharing feedback with implementation sites, partners
6. Check forms on-site

Resource: Tip Sheet: Maximizing Complete and Accurate Data
Using Other Databases

Avoid double data entry work!
Contact Sound Generations for assistance…

- If you are using another database for primary data entry. We can work with you to import data exported from another database.
- If you are using the National Falls Prevention Database for primary data entry and you want to export data from this system into a different system.

Reminder: Participant-level data transferred between systems must be encrypted. Your vendor may have a method already or contact Sound Generations for options.
Database Help
Database Help

• Grantees and their staff members/affiliates that have a Falls Database user login should submit questions via their National Falls Prevention Database portal account. This will create a ticket in the Falls Database.

• Grantee staff members/affiliates that do not have a Database user login should submit questions via email to falls_data@ncoa.org.
To create a ticket through your Falls Database login:

1. Log in to your National Falls Prevention Database portal account.

2. On the Falls Database home page, click the Requests button found in the Assistance section.
3. Click the **Create New Request** button.
4. Fill out the fields of the Request form.
5. When you’re done, click the **Submit** button. The system will generate a request number, and put your case in the queue for resolution. Your case will be triaged, and we will contact you if we require additional information.

6. You will receive an email notification with your case tracking information details. You may reply to this email with questions related to your case.
ACL Falls Prevention
Database Live Demonstration
Live Demo of the National Falls Prevention Database

ncoa.org/fallsdata
Next Steps
Next Steps

1. Complete a form identifying your database users providing their names, organizations, and email addresses.
   - Grantees may have up to 3 concurrent user accounts covered by the grant. User accounts can be reassigned as needed.
   - Additional users (for 4 or more concurrent accounts) can be added at the cost of $200/user/year.
Next Steps

2. Optional: If you already have identified any Host Organizations, Implementation Sites, and Leaders, complete a spreadsheet template with those details. Sound Generations can preload this data.

3. If you would like to add optional questions or measurements to the participant pre- or post-program surveys, request approval from your ACL Project Officer and NCOA Liaison.

4. 2022 grantees are to use 2021 OMB approved forms.
Database Resources

- National Falls Prevention Grantee Resources Webpage
- Tip Sheet: Maximizing Complete and Accurate Data
- Tools and Tips Sheets for Hosting a Session Zero
- Privacy and Security Basics for Falls Prevention Evidence-Based Programs PowerPoint
- Non-Disclosure Agreement Template
- FAQs for Falls Prevention Grantees
Thank you for participating!

Any Questions?
Database Reports
Reporting Overview

List of Reports with Descriptions

<table>
<thead>
<tr>
<th>Action</th>
<th>Report Name</th>
<th>Report Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select</td>
<td>Demographic Profile</td>
<td>Demographic profile for participants in workshops that end between selected dates. Use Demographic Profile (All Grantees) for comparison.</td>
</tr>
<tr>
<td>Select</td>
<td>Demographic Profile (All Grantees)</td>
<td>Demographic profile comparison for all grantees, filterable by date, program type, and grantee type. Use with Demographic Profile.</td>
</tr>
<tr>
<td>Select</td>
<td>Demographics and Survey Responses</td>
<td>Demographics and pre- and post-survey responses for participants in workshops that end between selected dates. Use Demographics and Survey Responses (All Grantees) for comparison.</td>
</tr>
<tr>
<td>Select</td>
<td>Demographics and Survey Responses (All Grantees)</td>
<td>Demographics and pre- and post-survey responses for all grantees, filterable by date, program type, and grantee type. Use with Demographics and Survey Responses.</td>
</tr>
<tr>
<td>Select</td>
<td>Falls Semi Annual Report</td>
<td>Prevention and Public Health Fund Evidence-Based Falls Prevention Program Semi-Annual Performance Report</td>
</tr>
<tr>
<td>Select</td>
<td>Full Data Export: Leader Data</td>
<td>Export all data for leaders. File includes one row for each leader.</td>
</tr>
<tr>
<td>Select</td>
<td>Full Data Export: Participant Data</td>
<td>Export all data for workshops with end date during specified date range. File includes one row for each participant, with all demographic, survey, attendance, workshop, implementation site, and host organization details. ** Updated 10/22/2018 to include Form Version variable (1 = 2014-2018 forms; 2 = 2018-2021 forms) and new columns for new form survey items.</td>
</tr>
<tr>
<td>Select</td>
<td>Full Data Export: Workshop Data</td>
<td>Export all data for workshops with end date during specified date range. File includes one row for each workshop, with all workshop, implementation site, and host organization details.</td>
</tr>
<tr>
<td>Select</td>
<td>Outcomes Dashboard</td>
<td>Pre/post survey response comparison for your programs, filterable by date and program type. Use with Outcomes Dashboard (All Grantees) for comparison to national data.</td>
</tr>
<tr>
<td>Select</td>
<td>Outcomes Dashboard (All Grantees)</td>
<td>Pre/post survey response comparison all grantees, filterable by date, program type, and grantee type. Use with Outcomes Dashboard.</td>
</tr>
<tr>
<td>Select</td>
<td>Participant and Completer Rate - Enhance Fitness Only</td>
<td>Completer number and percent for EF participants (duplicated and unduplicated) by Host Organization and by Month</td>
</tr>
<tr>
<td>Select</td>
<td>Participant and Completer Rate by Program and Host Org</td>
<td>(fka “Completers” report) Completer number and percent, by Host Organization, by Program, and by Workshop</td>
</tr>
<tr>
<td>Select</td>
<td>Pre/Post Survey Summary</td>
<td>Frequency of response for pre and post surveys for participants in workshops that end between selected dates.</td>
</tr>
</tbody>
</table>
# Reporting Overview

## List of Reports with Descriptions

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<thead>
<tr>
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<tr>
<td>Select</td>
<td>Outcomes Dashboard</td>
<td>Prepost survey response comparison for your programs, filterable by date and program type. Use with Outcomes Dashboard (All Grantees) for comparison to national data.</td>
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<td>Outcomes Dashboard (All Grantees)</td>
<td>Prepost survey response comparison all grantees, filterable by date, program type, and grantee type. Use with Outcomes Dashboard.</td>
</tr>
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<td>Completer number and percent for EF participants (duplicated and unduplicated) by Host Organization and by Month</td>
</tr>
<tr>
<td>Select</td>
<td>Participant and Completer Rate by Program and Host Org</td>
<td>(fka “Completers” report) Completer number and percent, by Host Organization, by Program, and by Workshop</td>
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<tr>
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<td>Pre/Post Survey Summary</td>
<td>Frequency of response for pre and post surveys for participants in workshops that end between selected dates</td>
</tr>
</tbody>
</table>
# Reporting Overview

Semi Annual Report

## Prevention and Public Health Fund
Evidence-Based Falls Prevention Program

### Semi-Annual Performance Report for Colorado Department of Public Health and Environment (CO)


<table>
<thead>
<tr>
<th>Program</th>
<th>Prior Period To Date</th>
<th>Month</th>
<th>Period Total</th>
<th>Cumulative Total</th>
<th>Target</th>
<th>Variance</th>
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<tbody>
<tr>
<td>MOB</td>
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<td>1</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>(200)</td>
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<td>2</td>
<td>0</td>
<td>0</td>
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<td></td>
</tr>
<tr>
<td>Avg # sessions attended</td>
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<td>3</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Completers *</td>
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<td>4</td>
<td>0</td>
<td>0</td>
<td></td>
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<tr>
<td>Participants</td>
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<td>5</td>
<td>0</td>
<td>0</td>
<td>452</td>
<td>(452)</td>
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<tr>
<td>Workshops offered</td>
<td>19</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>900</td>
<td>(418)</td>
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<tr>
<td>Avg # sessions attended</td>
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<td>7</td>
<td>0</td>
<td>0</td>
<td>363</td>
<td>(363)</td>
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<tr>
<td>Completers *</td>
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<td>8</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Participants</td>
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<td>9</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>(15)</td>
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<td>15</td>
<td>(15)</td>
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<td>0</td>
<td>0</td>
<td>15</td>
<td>(15)</td>
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<tr>
<td>Completers *</td>
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<td>12</td>
<td>0</td>
<td>0</td>
<td>900</td>
<td>(347)</td>
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<tr>
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<td>0</td>
<td>0</td>
<td>15</td>
<td>(15)</td>
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<tr>
<td>Workshops offered</td>
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<td>15</td>
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<td>(15)</td>
</tr>
<tr>
<td>All Programs</td>
<td>All</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>(15)</td>
</tr>
<tr>
<td>Total</td>
<td>Total</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>(15)</td>
</tr>
</tbody>
</table>
# Reporting Overview

**Participants Enrolled and Completed Report**

## ACL National Evidence-Based Falls Prevention Database

**Participant and Completer Rate by Workshop for TEST Greenwood County Department of Health (WA)**

Includes workshops completed between 1/1/2014 and 6/5/2019

### Summary

<table>
<thead>
<tr>
<th></th>
<th>Enrolled</th>
<th>Completed</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grantee Total</td>
<td>120</td>
<td>75</td>
<td>62.5%</td>
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</table>

### Program Total

<table>
<thead>
<tr>
<th>Program Total</th>
<th>Workshops #</th>
<th>Enrolled #</th>
<th>Completed #</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fallscape</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>100.0%</td>
</tr>
<tr>
<td>MCB</td>
<td>16</td>
<td>69</td>
<td>41</td>
<td>65.1%</td>
</tr>
<tr>
<td>Otago</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>100.0%</td>
</tr>
<tr>
<td>SAIL</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>100.0%</td>
</tr>
<tr>
<td>Stay Safe Stay Active</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>100.0%</td>
</tr>
<tr>
<td>Stepping On</td>
<td>1</td>
<td>6</td>
<td>4</td>
<td>66.7%</td>
</tr>
<tr>
<td>Tai Chi for Arthritis</td>
<td>10</td>
<td>28</td>
<td>20</td>
<td>71.4%</td>
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<tr>
<td>Tai Ji Quan</td>
<td>5</td>
<td>16</td>
<td>3</td>
<td>18.8%</td>
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</table>
## Reporting Overview

Participants Enrolled and Completed report (continued)

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<tr>
<th>Host Organization Total</th>
<th>Class Type</th>
<th>Workshops</th>
<th>Enrolled</th>
<th>Completed</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>#</td>
<td>#</td>
<td>#</td>
</tr>
<tr>
<td>Greenwood County Department of Health</td>
<td>FallScape</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>MOB</td>
<td>14</td>
<td>51</td>
<td>55</td>
</tr>
<tr>
<td></td>
<td>Otago</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>SAIL</td>
<td>1</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Stay Safe Stay Active</td>
<td>1</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Arthritis</td>
<td>10</td>
<td>28</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Tai Ji Quan</td>
<td>4</td>
<td>11</td>
<td>1</td>
</tr>
<tr>
<td>Puget Sound Area Agency on Aging</td>
<td>MOB</td>
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<td>12</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Stepping On</td>
<td>1</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Tai Ji Quan</td>
<td>1</td>
<td>5</td>
<td>2</td>
</tr>
</tbody>
</table>

### Detail

<table>
<thead>
<tr>
<th>Workshop Name</th>
<th>Program</th>
<th>Site Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Sessions Offered</th>
<th>Enrolled #</th>
<th>Completed %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake_MOB_5/17/2014</td>
<td>MOB</td>
<td>Lake Union Elementary School (Seattle)</td>
<td>5/17/2014</td>
<td>5/29/2014</td>
<td>8</td>
<td>5</td>
<td>100.0%</td>
</tr>
<tr>
<td>Wall_TiQ_2/14/2014</td>
<td>Tai Ji Quan</td>
<td>Wallingford Public Library (Seattle)</td>
<td>2/14/2014</td>
<td>6/1/2014</td>
<td>3</td>
<td>5</td>
<td>0.0%</td>
</tr>
<tr>
<td>North_MOB_5/30/2014</td>
<td>MOB</td>
<td>South Seattle Health Clinic (Seattle)</td>
<td>5/30/2014</td>
<td>7/15/2014</td>
<td>8</td>
<td>3</td>
<td>66.7%</td>
</tr>
<tr>
<td>Lake_SSSA_4/15/2014</td>
<td>Stay Safe Stay Active</td>
<td>Lake Union Elementary School (Seattle)</td>
<td>4/15/2014</td>
<td>11/15/2014</td>
<td>8</td>
<td>5</td>
<td>100.0%</td>
</tr>
<tr>
<td>North_F6_10/29/2014</td>
<td>FallScape</td>
<td>South Seattle Health Clinic (Seattle)</td>
<td>10/29/2014</td>
<td>12/29/2014</td>
<td>5</td>
<td>1</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
Reporting Overview
Demographics and Survey Responses report
# Reporting Overview

## Data Export Reports
Reporting Overview

Pre/Post Survey Summary report

<table>
<thead>
<tr>
<th>MOB</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>No response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre</td>
<td>17</td>
<td>8%</td>
<td>89</td>
<td>28%</td>
<td>140</td>
<td>49%</td>
</tr>
<tr>
<td>Post</td>
<td>23</td>
<td>12%</td>
<td>59</td>
<td>32%</td>
<td>85</td>
<td>46%</td>
</tr>
<tr>
<td>Change</td>
<td>6</td>
<td>-21</td>
<td>-55</td>
<td>-50</td>
<td>-30</td>
<td>-1</td>
</tr>
<tr>
<td>Tai Chi for Arthritis</td>
<td>Pre</td>
<td>0</td>
<td>0%</td>
<td>5</td>
<td>31%</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>1</td>
<td>11%</td>
<td>3</td>
<td>33%</td>
<td>5</td>
</tr>
<tr>
<td>Change</td>
<td>1</td>
<td>-2</td>
<td>1</td>
<td>1</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>Total (All Programs)</td>
<td>Pre</td>
<td>17</td>
<td>8%</td>
<td>86</td>
<td>28%</td>
<td>144</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>24</td>
<td>12%</td>
<td>62</td>
<td>32%</td>
<td>90</td>
</tr>
<tr>
<td>Change</td>
<td>7</td>
<td>-23</td>
<td>-54</td>
<td>-37</td>
<td>-1</td>
<td>108</td>
</tr>
</tbody>
</table>

![Graph showing changes in general health](image)
Reporting Overview
Selecting Filters & Exporting

[Image of a user interface for selecting filters and exporting data]