

Coastal Bend Wellness Foundation

2023 Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce falls and/or their risk of falls.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based falls prevention programs.

Strategies and Activities

The grantee and its partners will:

- Deliver health promotion campaigns to promote knowledge of falls and falls risks.
- Coordinate outreach and engagement of older adults living in rural areas.
- Engage diverse stakeholders to build fall prevention programs into existing initiatives.
- Develop partnership between healthcare providers & evidence-based fall prevention program.

Proposed Interventions

- Bingocize (in-person)
- FallsTalk (remote)

Prevention and Public Health Fund 2023, effective May 1, 2023



Partnerships

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

- Beeville Vineyard
- Corpus Christi-Nueces County Public Health District
- First United Methodist Church
- San Patricio County Department of Public Health Community-Based Programs
- YMCA of Coastal Bend

Anticipated Results

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

- Engage 800 Hispanic Older Adults in Bingocize and FallsTalk, achieving 80% retention rate.
- Improved confidence and quality of living.
- Increased knowledge of falls prevention behaviors and falls self-management skills.
- Improve fall prevention where people live.
- Increase collaboration and capacity to address fall-related health problems.

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For more information:

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