

Mississippi State Department of Health

Falls Prevention Program Grantee Profile, Fiscal Year 2021

Goals

This 3-year grant aims to:

- Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in Mississippi (MS).
- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Activities

The grantee and its partners will:

- Increase fall prevention education and awareness among older adults and adults with disabilities in the top 30 counties in MS with high-risk fall rates.
- Engage participants with Traumatic Brain Injury (TBI) related disabilities in evidenced-based falls prevention programs in high-risk areas.
- Establish a Falls Prevention Task Force.
- Increase the number of leaders and master trainers in proposed interventions.

Interventions

- A Matter of Balance (MOB)
- Bingocize
- EnhanceFitness

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- American Physical Therapy Association Mississippi Chapter
- Area Agencies on Aging

- Brain Injury Association of Mississippi
- Mississippi Department of Human Services
- Mississippi State Department of Rehabilitation Services
- Mississippi State University Department of Kinesiology
- YMCA

Outcomes

The grantee anticipates the following results from this project.

- Engage older adults and adults with TBI-related disabilities in MOB, Bingocize, and EnhanceFitness Programs.
- Achieve an 86% participant completion rate in MOB, Bingocize, EnhanceFitness
- Enhance referral system with partner network and Fall Prevention Task Force.
- Increase public and stakeholder awareness of fall prevention programs and resources.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2021

Most Significant Accomplishments

- Over this grant period, 1079 participants were engaged in MOB, Bingocize, or EnhanceFitness.
- Delivered programs statewide in 15 of 82 counties, including rural, urban, and suburban areas.
- Trained 46 coaches and 4 Master Trainers in MOB, 15 coaches in Bingocize, and 6 leaders in EnhanceFitness.
- Partnered with multiple Area Agencies on Aging, Brain Injury Association of Mississippi, churches, YMCA, community groups, and Occupational Therapist and Physical Therapist associations.
- Conducted numerous community-based falls prevention events, health fairs, and presentations that raised awareness among older adults and caregivers about falls risks and prevention strategies.
- Successfully delivered and expanded access to MOB workshops across the state, targeting rural communities.
- Revitalized and expanded the Mississippi Falls Prevention Coalition, adding new community partners, healthcare providers, and aging services organizations.
- Led the development of the first Mississippi Falls Prevention Coalition Action Plan 2025-2030.

Lessons Learned

- Flexibility in program delivery is key. Offering different delivery models, in-person and remote, ensures continuity of services. Flexibility helped us maintain engagement and access during uncertain times.
- Inter-agency collaboration enhances impact. Collaborating with the Brain Injury Association of MS, senior centers, and aging service providers created stronger referral networks and increased program reach.
- Public awareness is still lacking. Many older adults and caregivers are unaware of falls risks or available prevention programs. There is a continued need for widespread education campaigns to shift the narrative from reactive care to proactive prevention.

What's Next

The Mississippi Falls Prevention Program will continue to focus on enhancing the Mississippi Falls Prevention Coalition by strengthening partnerships and increasing regional collaboration. The program will work to sustain and expand evidence-based interventions such as MOB, Bingocize, EnhanceFitness, and Walk With Ease, while also integrating fall prevention strategies into broader healthy aging initiatives across the state.

Efforts will be made to elevate public awareness through targeted outreach and community engagement, supported by enhanced data collection and evaluation to inform decision-making and demonstrate impact.

Additionally, the program will actively seek new funding opportunities and partnerships to build long-term sustainability. Our goal is to make falls prevention a standard of care and a community norm in Mississippi by addressing social determinants of health, expanding education, and developing lasting support systems that reduce falls risks, promote independence, and improve the quality of life for older adults.

Grantee Contact

Kina L. White, DrPH, MHSA, FACHE, Mississippi State Department of Health Kina.White@msdh.ms.gov