

Utah Department of Health and Human Services

Falls Prevention Program Grantee Profile, Fiscal Year 2022

Goals

This 3-year grant aims to:

- Develop or expand capacity to significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

Activities

The grantee and its partners will:

- Advance statewide capacity and expand Tai Chi for Arthritis and Falls Prevention and Stepping On.
- Utilize the Living Well Coalition as an integral component of a sustainable network.
- Promote fall risk screening and referrals to evidence-based falls prevention programs by healthcare providers.

Interventions

- Tai Chi for Arthritis and Falls Prevention (TCAFP)
- Stepping On

Partners

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

- Central Utah Health Department
- Five County Association of Governments
- Salt Lake County Active Aging Program
- Salt Lake County Health Department
- Tooele County Health Department
- Utah County Health Department

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- Weber-Morgan Health Department

Outcomes

The grantee anticipates the following results from this project.

- Reach 1,580 new participants in proposed programs.
- Offer at least 30% of workshops virtually.
- Achieve a completion rate of 75%.
- Expand workshops to 19 of 29 counties in Utah.
- Engage at least three healthcare systems to use STEADI.
- Develop one proposal based upon return on investment.
- Develop a sustainability plan.
- Ensure that at least three delivery system partners participate in one learning collaborative.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2022

Most Significant Accomplishments

- Over this grant, 3,954 participants were engaged and 1,793 completed the programs.
- Expanded to 19 of 29 counties in Utah: 33.1% of workshops were delivered in rural communities.
- Trained 93 leaders and 10 Master Trainers.
- Contracted with Area Agencies on Aging (AAAs) and local health Departments to deliver programs and collaborated with over 55 partners in the Living Well Coalition to advance falls prevention activities.
- A Utah insurer, PEHP, has partnered with the Healthy Aging Program (HAP) to offer up to \$100 in rebates for class sign-ups made through their website, with 52 people having already received a rebate.
- At least three partners will continue offering Stepping On beyond the grant cycle by funding their own license.
- Our new combined coalition leverages the strengths and resources of both groups, including a communication plan that can be implemented beyond the grant cycle. The coalition increases our collective impact and helps us reach more people.
- Launched Healthy Aging Program website, healthyaging.utah.gov

Lessons Learned

- Implementing a new API for a new national database, Healthy Aging Programs Integrated Database, (HAPID) was difficult to navigate after having created a data export process with Compass for the previous national database. The HAP intern and epidemiologist resolved this by manually entering data into HAPID.
- Inadequate and unstable public health funding causes cuts to public health initiatives, including reduction in staffing, or elimination of programs. Many of HAP's partners have experienced funding reductions and are attempting to continue their programs with fewer resources.

What's Next

Despite challenges in public health funding, several key initiatives and services will continue. The Living Well Coalition will remain active, and partners will continue to offer the Stepping On and Tai Chi programs.

Furthermore, a new local falls-prevention program will be implemented, expanded, and evaluated. We will explore the feasibility of a Community Care Hub model. The HAP will assist in coordinating training for Stepping On and Tai Chi leaders.

Compass will remain available as a database repository and program locator for partners to collect reach, survey data, and promote classes. The program will support both the WISE initiative, implemented by Utah's governor, Spencer Cox, and the Master Plan on Aging, to address the opportunities and challenges facing the growing older adult population. Finally, efforts to secure federal funding will continue by applying for grants as they become available.

Grantee Contact

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