

The true measure of an intervention’s impact is in the long-term changes that participants make to improve their health status after program participation ends.

One third of Falls Prevention participants who completed post-surveys reported an increase in confidence that they can find a way to reduce their risk of falling. Falls are the leading cause of fatal and nonfatal injuries for older Americans, so this significant increase saves lives and reduces financial burden for older adults.

143,402 participants completed surveys for Falls Prevention programs from August 1, 2020 through January 31, 2026.

On average, respondents rated higher confidence after the program for the following abilities:

	% of participants that improved
I can find a way to reduce falls	33%
I can find a way to get up if I fall	32%
I can increase my flexibility	32%
I can become more steady on my feet	31%
I can increase my physical strength	30%

Actions by percentage of participants that reported:

	% of participants that improved
Talked to a family member or friend about how I can reduce my risk of falling	54%
Participated in or plan to participate in another fall prevention program in my community	47%
Had my vision checked	37%
Had my medications reviewed by a health care provider or pharmacist	33%
Talked to a health care provider about how I can reduce my risk of falling	27%

These vital programs, which save lives and increase independence among older adults, must be expanded to reach the one in four older Americans who fall each year.