

The Minnesota Falls Prevention Initiative

Pam Van Zyl York, MN Dept of Health

Kari Benson, MN Board on Aging

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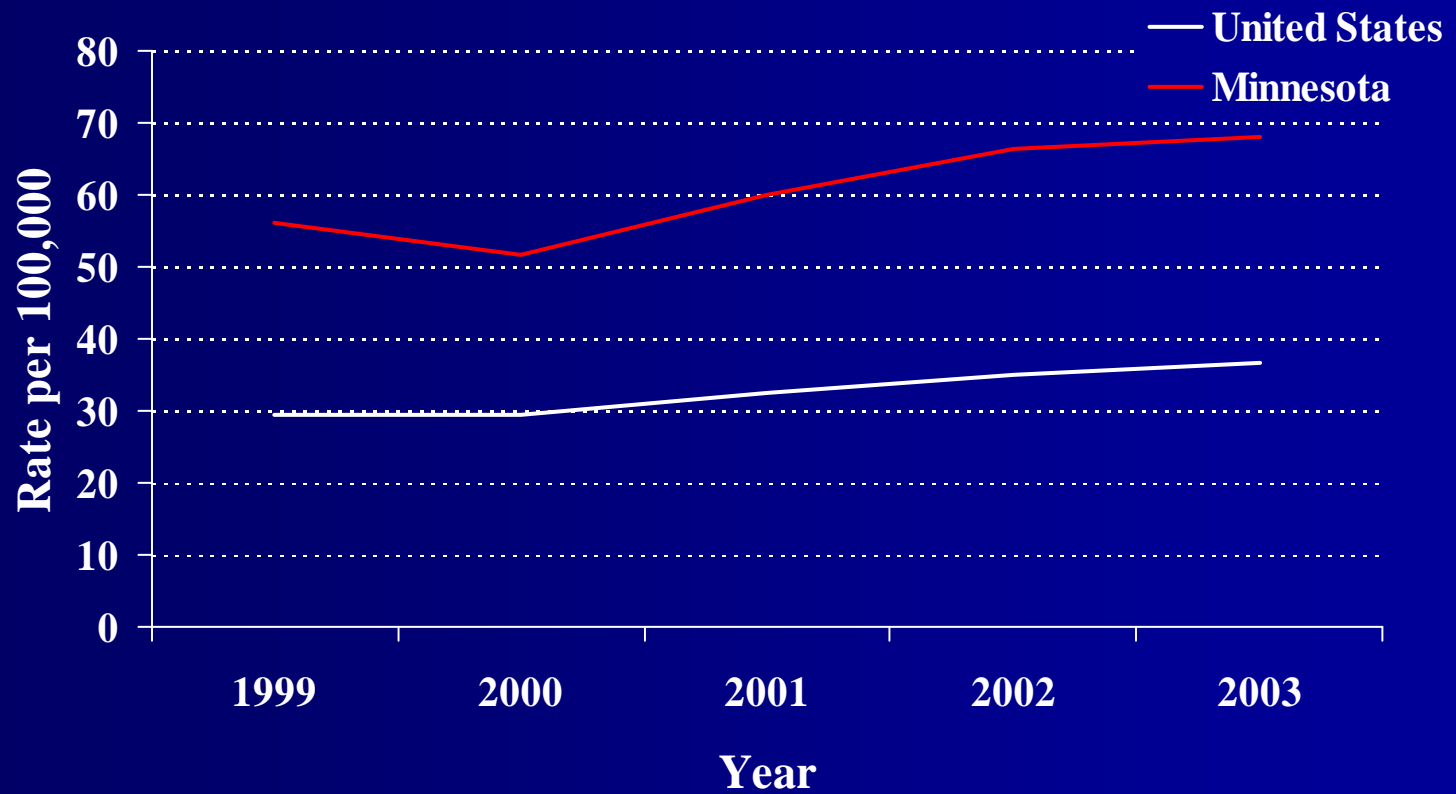
Falls – The Evidence

- Every hour an older adult dies as the result of a fall
- Falls are the leading cause of injury death among older adults
- Hip fractures are among the most serious fall-related injuries
 - Half never regain their previous level of functioning
 - Many are unable to live independently after their injury

Falls in Minnesota

- Leading cause of hospitalized injury
- Leading cause of ER-treated injury
- Fourth highest unintentional fall death rate in the country
- Rate of falls is increasing at a faster rate than the rest of the country
- Falls in the elderly are driving rates

Unintentional Fall Death Rates, United States and Minnesota, 1999-2003



Rates are Age-Adjusted to US 2000.

Falls Prevention and Chronic Disease Management

- Keys to chronic disease management include regular physical activity, medication management, education and healthy eating
- 80% of those over 65 years have 1 or more chronic condition, 65% have multiple chronic conditions
- Those with impaired strength, mobility, balance and endurance are twice as likely to fall as healthier persons
- Those with more chronic conditions are more likely to die or sustain more serious injury when they fall

Chronic Disease in Minnesotans 65 yrs +

- Age related macular degeneration -
Approx. 25% (nationally)
- Alzheimers' Disease - 13% (nationally)
- Arthritis - 53%
- Diabetes - 13 %
- Heart Disease – 6+%
- Stroke - 3%
- Osteoporosis – 14.4%

Key Elements of a Falls Prevention Intervention

- Education
- Exercise to increase lower-body strength and balance
- Home and environment assessment and modification
- Medication review and modification
- Vision evaluation and correction
- Support for self-management of risk factors and fear
- Nutritional considerations?

MN Falls Prevention Initiative

- MN Board on Aging, Dept of Health and Dept of Human Services
- October 2005: 3-year planning grant from U.S. Administration on Aging
- Convening a broad range of public and private partners at the state, regional and local levels to implement a statewide coordinated evidence-based falls prevention initiative.

MN Falls Prevention Initiative

The Vision

Older Minnesotans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

MN Falls Prevention Initiative

Objectives

1. Increase awareness of prevalence and risk factors for falls.
2. Increase assessment of fall risk.
3. Increase availability of evidence-based interventions statewide.
4. Increase access to these interventions.
5. Enhance quality assurance efforts related to falls prevention.

Partnership Development...

- Key strategy is to coordinate programming, access, and other statewide infrastructure with key partners
 - Health plans
 - Professional networks
 - Provider organization networks
 - Volunteer networks

Increase Awareness...

- Of older adults and family members as well as professionals – we all have a role to play
- Social marketing campaign
- State falls prevention website

Increase Assessment...

- If nothing else, ask these two questions of every older adult:
 1. Have you fallen in the past year?
 2. Are you afraid that you may fall?
- Compiling list of fall risk assessments
- Asking for input from professionals around the state

Increase Availability of Evidence-Based...

- UCare support of EnhanceFitness
- MDH and Arthritis Foundation support of Arthritis Programs
- RSVP Bone Builders Program
- Enhanced YouCan! Steps to Healthier Aging
 - Matter of Balance
 - Chronic Disease Self-Management

Quality Assurance...

- If we are promoting evidence-based interventions – we need to be collecting the evidence!
- Developing methods to make it easy to collect participant level data
- Building on success of Arthritis Program data collection effort and SNAP survey for nutrition program

Contact Information

Pam Van Zyl York

Division of Health Promotion and Chronic Disease
MN Department of Health

pam.york@state.mn.us

651-201-3616

Kari Benson

State Project Manager
MN Board on Aging

kari.benson@state.mn.us

651-431-2566