

MISSOURI  
FALLS  
PREVENTION  
COALITION

SHOW ME FALLS FREE MISSOURI

JULY 28<sup>TH</sup> 2022

# AGENDA



-State of Missouri Falls



-Brief fall prevention efforts history



-Current and future coalition tasks



-How can you get involved



-Q&A

## FALLS DATA FOR MISSOURI

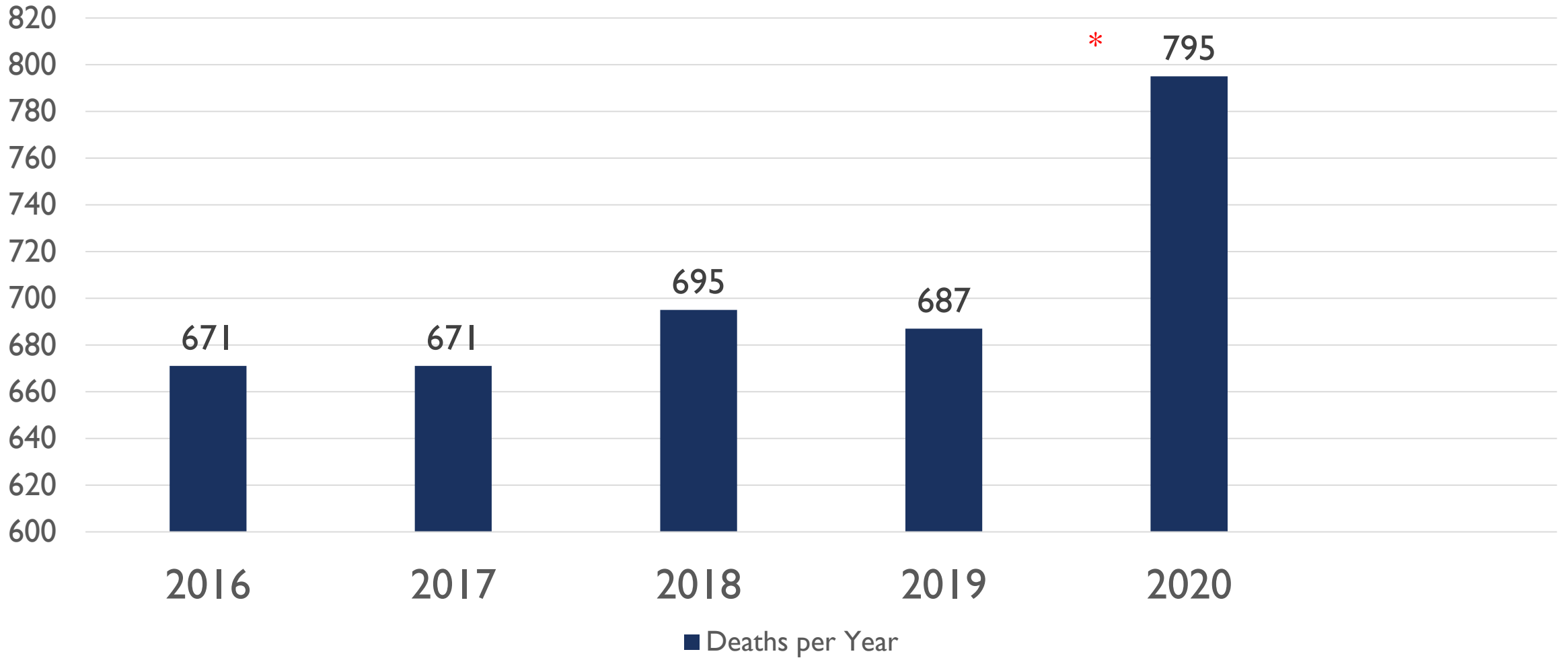
- In 2020, 30.6% of Missourians over 65 reported falling in the past 12 months. This rate is higher than 40 other states in the US.

## SO WHAT?


- In 2020, 795 Missourians over 65 died due to a fall.
- From 2005-2015, 198,105 were hospitalized and 1,655,782 visited the emergency room because of a fall.
- This is an average of 18,009 hospitalizations and 150,525 emergency room visits because of falls.

# OVER THE YEARS

Deaths due to Unintentional Falls in Missouri (65+)



# RECENT FALL PREVENTION STATEWIDE EFFORTS

- Administration for Community Living Fall Prevention Grants
  - 2015-Oasis Institute St. Louis-awarded
    - Brought on Tai Chi for Arthritis and Fall Prevention and increased capacity to deliver and sustain MOB
      - Reached near 1500 participants
  - 2018-Oasis and MU Extension applied together-awarded
    - Expanded capacity to deliver Tai Chi and MOB
      - Reached over 3800 participants
- Home Hazard Removal Program (HARP)
  - Recently Approved MO grown Title IIID Evidence Based Program 
    - Susan Stark and team from Washington University St. Louis
- Others?

# WHERE WE ARE

- What we know
  - A number of folks have served on the FP coalition previously
  - Governing structure exists
  - Current Online Presence: Facebook and DHSS website
  - Some Networks have been established
- Learning
  - Need current pulse of programs being offered\*
  - Deeper understanding of local needs
  - Local FP coalition activity
  - More...
- Rebuilding Phase
  - Executive Leadership Team, Active Members, Supporting Members, Committees
  - Develop strategic plans, actions, and goals
  - Sub committees/work groups

**Well COVID-19.....**

## WHERE WE WANT TO BE

- Fulfilling our Vision set out in 2010
  - *Missouri older adults will have fewer falls and fall-related injuries, maximizing their independence and quality of life, while decreasing healthcare costs and deaths.*
- Create a culture of community, collegiality, and partnership among those working in the realm of fall prevention and healthy aging
- Become a well-known resource for the community and organizations in the state
- Reduce the Unintentional Fall Rate and keeps folks aging healthfully
- Become a model FP Coalition... we are doing XYZ to address falls in the Show Me State

# SHOW ME STATE



## OUR CHARGE

- Since no single organization is responsible for addressing all aspects of falls prevention, coalitions can bring together organizations and providers that need to collaborate to reduce falls, identify state or community needs, recommend policy changes, and build capacity. -NCOA



# UPCOMING OPPORTUNITIES

## 2022 Geriatrics Symposium: Care Across the Continuum

- [https://reg.learningstream.com/reg/event\\_page.aspx?ek=0009-0021-3c2c0666a11549888453d48067bfed91](https://reg.learningstream.com/reg/event_page.aspx?ek=0009-0021-3c2c0666a11549888453d48067bfed91)

## Week Prior to Fall Prevention Awareness week: Show Me Summit on Aging and Health 2022

- September 12-14 in Kansas City, MO
- Partnered with age positive conference

## FP Awareness week is September 18-24

- Theme this year: ***Strengthening Community Connections in Falls Prevention***
- What can we do this year?

Resources [NCOA toolkit](#) and MU EXT MO toolkit

## Next meeting

- September 22<sup>nd</sup>, 10AM-11AM
  - <https://umsystem.zoom.us/j/94768920437?pwd=b1NWTkQ3eFZFQ0tiQVFzYXpQdm9mZz09&from=addon>

## SUMMARY & QUESTIONS?

- We are ready to prevent MO Falls, Join us?
- [QUALTRICS SURVEY LINK](#)
- Thank you!!
- Jordanna McCloud [Jordanna.Mcleod@health.mo.gov](mailto:Jordanna.Mcleod@health.mo.gov)
- Kelsey Weitzel [weitzelkj@missouri.edu](mailto:weitzelkj@missouri.edu)

