

Utah Department of Health Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Increase access to evidence-based fall prevention programs for older adults and adults with disabilities to reduce falls and falls risk; and
- Create integrated, sustainable evidence-based prevention program networks.

The Utah Department of Health will significantly increase the number of older adults and adults with disabilities who participate in the Stepping On program in ten targeted areas of the state so that they can reduce their risk of falls and fall-related injuries. Stepping On is a community-based falls prevention program offered once a week for seven weeks in small group settings.

Partnerships

To achieve the goals of the grant, the Utah Department of Health will collaborate with the following partners:

- Davis County Health Department;
- Central Utah Public Health Department;
- Salt Lake County Aging and Adult Services;
- Salt Lake County Health Department;
- Utah County Health Department;

- Bear River Area Agency on Aging;
- Bear River Health Department;
- Tooele County Health Department;
- Wasatch County Health Department;
- Summit County Health Department;
- 5 County Area Agency on Aging;
- University of Utah; and
- Intermountain Healthcare.

Anticipated Results

- The rate of fall hospitalizations among Utahns aged 65+ in the ten targeted Utah Small Areas will decrease;
- State-level falls prevention capacity will be enhanced by conducting 55 Stepping On workshops in the ten targeted Small Areas, reaching 450 individuals;
- The Utah Falls Prevention Coalition will be utilized as a component of an integrated, sustainable, evidence-based falls prevention network;
- Sustainable funding options will be identified; and
- The success of the project will be evaluated using the RE-AIM (Reach, Effectiveness, Adoption, Implementation, and Maintenance) framework.



Contact

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**For more information about the Administration
for Community Living**

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