

Wyoming Department of Health Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year capacity-building grant are to:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Wyoming Department of Health (WDH) and its partners will:

- Expand the dissemination of Tai Chi for Arthritis from 7 counties to all 23 counties in WY.
- Disseminate A Matter of Balance in all 23 counties.
- Engage with the Aging Division to identify and support WASPD affiliated senior centers as a primary source for implementing Tai Chi for Arthritis and A Matter of Balance.

Proposed Interventions

- A Matter of Balance (MOB)
- Tai Chi for Arthritis (TCA)

Partnerships

To achieve the goals of the grant, WDH will collaborate with the following key partners:

- Public Health Nursing (PHN)
- Wyoming Association of Senior Project Directors (WASPD)
- Wyoming Department of Health, Aging Division (Aging Division)

Anticipated Results

The WDH and its partners propose to achieve the following results:

- Engage 864 participants in TCA, with 648 completers
- Engage 576 participants in MOB, with 432 completers
- Train 46 TCA instructors
- Train 48 MOB coaches

Contact:

Lindsay Martin
Wyoming Department of Health
lindsay.martin@wyo.gov

For more information:

Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
<http://www.acl.gov>

This project is supported by the Prevention and Public Health Fund 2018.

