Sacramento County Public Health
Evidence-Based Falls Prevention Program Grantee

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

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- **Goal 2:** Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

Strategies and Activities
Sacramento County Public Health (SCPH) and its partners will:

- Engage older adults in falls prevention efforts in Sacramento County with two evidence-based programs.

- Increase the capacity of falls prevention programs to reach underserved populations.
- Become a centralized hub for the StopFalls Sacramento Coalition.
- Implement a sustainability plan for the Stop Falls Sacramento Coalition

Proposed Interventions

- A Matter of Balance
- Bingocize

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

- StopFalls Sacramento Coalition
- UC Davis Health
- Dignity Health, Mercy San Juan Medical Center
- Agency on Aging Area 4
- ACC Senior Services

Prevention and Public Health Fund 2022, effective May 1, 2022
Meals on Wheels by ACC Senior Services
Kaiser Permanente, South Sacramento Medical Center

Anticipated Results

SCPH and its partners propose to achieve the following results:

- Engage over 500 older adults with A Matter of Balance and 150 with Bingocize remotely
- Increase the number of leaders trained in evidence-based fall prevention programs in Sacramento County
- Establish the infrastructure required for SCPH to be a falls prevention hub for the county
- Implement sustainability measures for the StopFalls Sacramento Coalition

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