

Preventing Falls through Collaboration and Partnerships

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Falls among Older Adults

A look at national and state data

Fall rates continue to increase across the United States.

- 1 in 4 older adults fall every year.
- Less than half tell their doctor.
- Falling once doubles your risk for falling again.
- 1 in 5 falls causes a serious injury.

*Source: Centers for Disease Control and Prevention



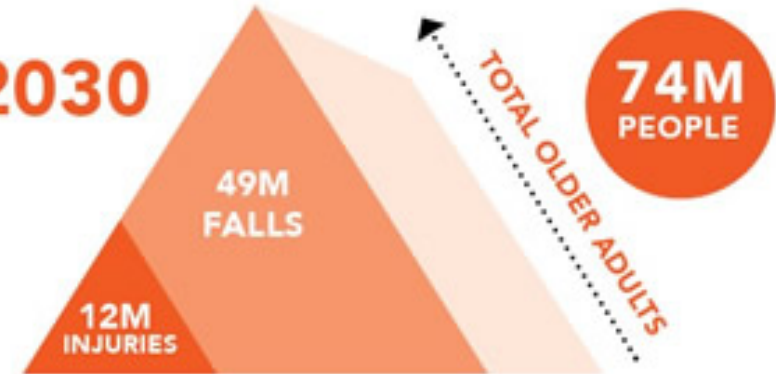
OLDER ADULT FALLS A Growing Burden

STEADY Stopping Elderly
Accidents, Deaths & Injuries

2014



2030



UNION COUNTY
HEALTH DEPARTMENT

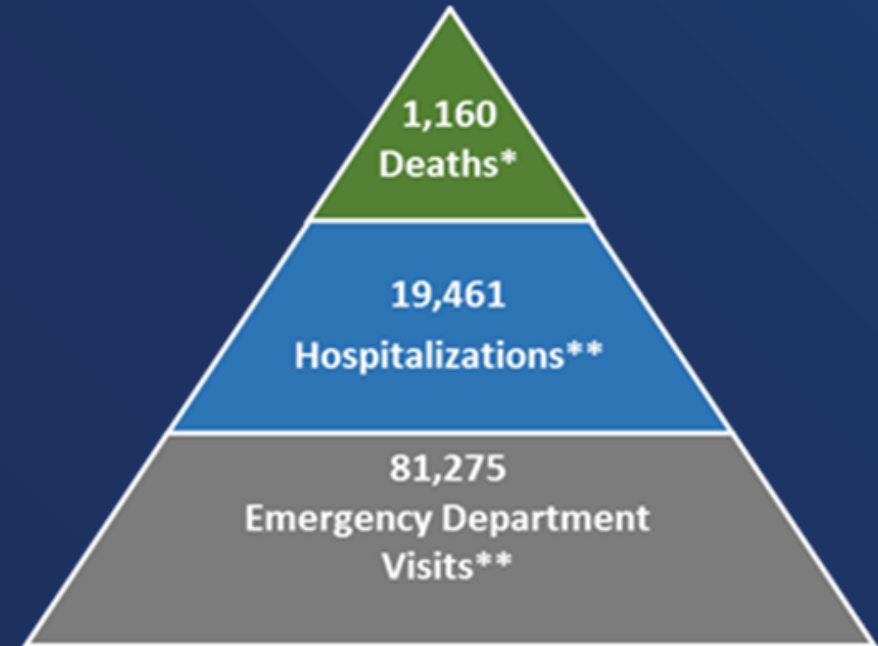
Falls in Ohio

Each week in Ohio, among residents ages 65+, there are:

- 1,563 emergency department visits
- 374 hospitalizations
- 22 deaths....

....All due to fall injuries

FIGURE 1. Burden of Fall Injuries among Residents Ages 65 and older—Ohio, 2014



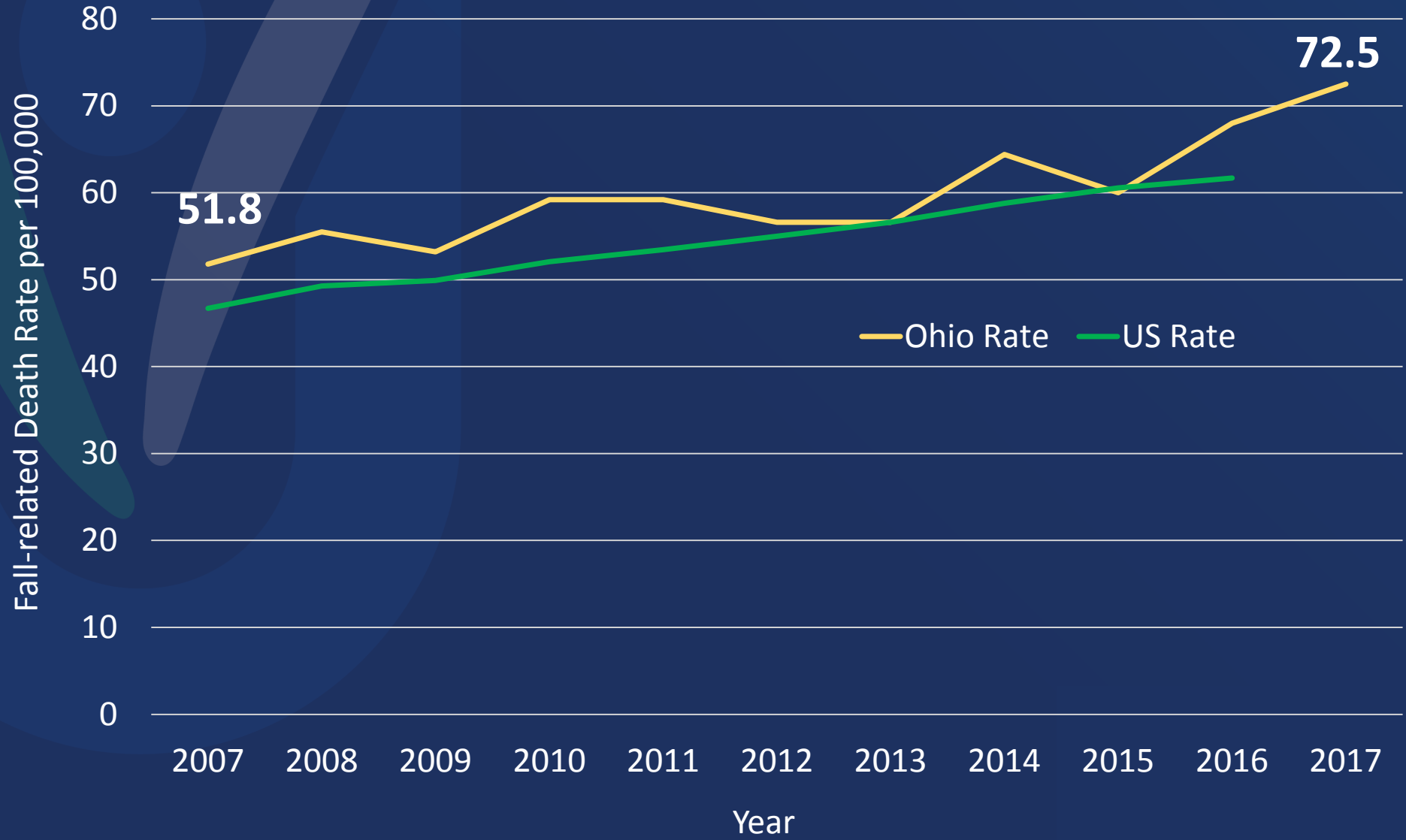
*Source: ODH Vital Statistics

**Source: Ohio Hospital Association

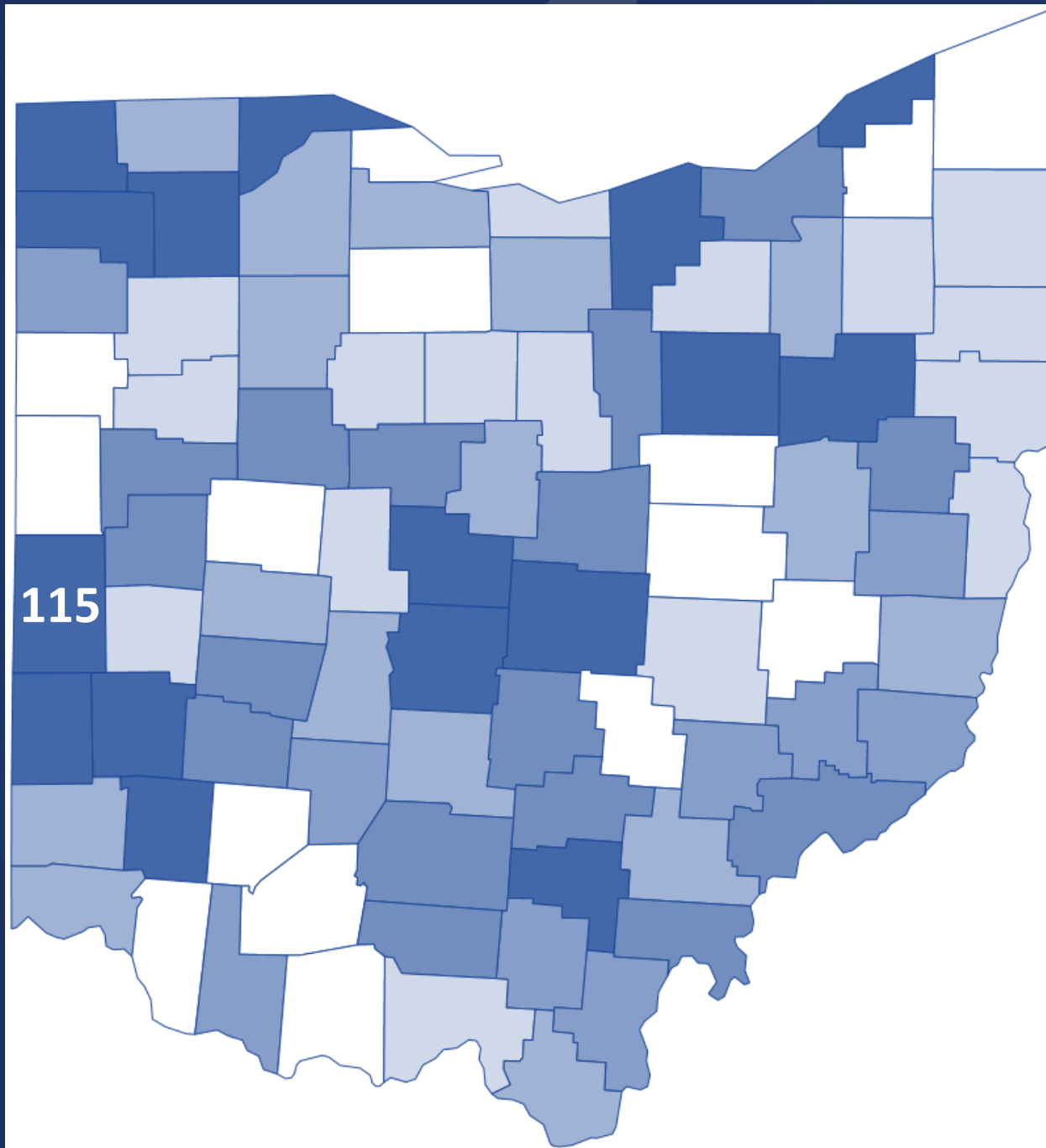
Leading injury-related causes of death, Ohio, 2017

| Rank | Age Groups | | | | | | | | | | |
|------|-------------------------------|-------------------------------|---------------------------|---------------------------|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| | <1 | 1-4 | 5-9 | 10-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ | All Ages |
| 1 | Suffocation 54 | MVC 16 | MVC 11 | Suicide 25 | Drug Overdose 361 | Drug Overdose 1,330 | Drug Overdose 1,283 | Drug Overdose 1,051 | Drug Overdose 700 | Fall 1,409 | Drug Overdose 4,854 |
| 2 | Homicide 13 | Drowning 14 | Homicide 10 | MVC 11 | Suicide 243 | Suicide 296 | Suicide 301 | Suicide 308 | Suicide 268 | Suicide 300 | Suicide 1,743 |
| 3 | Undetermined 4 | Homicide 14 | Drowning 9 | Homicide 10 | MVC 237 | Homicide 257 | MVC 171 | MVC 170 | MVC 166 | MVC 280 | Fall 1,614 |
| 4 | MVC 3 | Suffocation 8 | Fire or Flame 5 | Drug Overdose 2 | Homicide 213 | MVC 210 | Homicide 125 | Homicide 98 | Fall 112 | Unspecified 172 | MVC 1,275 |
| 5 | Natural or Environmental 3 | Undetermined 8 | Pedestrian, Other 2 | Undetermined 2 | Undetermined 17 | Undetermined 28 | Non-Drug Poisoning 32 | Fall 64 | Homicide 52 | Suffocation 158 | Homicide 829 |
| 6 | Drowning 1 | Pedestrian, Other 6 | Suicide 2 | Drowning 1 | Drowning 14 | Non-Drug Poisoning 22 | Undetermined 22 | Non-Drug Poisoning 32 | Suffocation 33 | Drug Overdose 124 | Suffocation 291 |
| 7 | Fall 1 | Drug Overdose 3 | Other Specified 1 | Fire or Flame 1 | Other Land Transport 9 | Drowning 15 | Other Specified 17 | Undetermined 24 | Other Specified 32 | Other Specified 49 | Unspecified 219 |
| 8 | Fire or Flame 1 | Fire or Flame 2 | Struck by or against 1 | Other Land Transport 1 | Fire or Flame 6 | Other Specified 12 | Fall 14 | Fire or Flame 18 | Non-Drug Poisoning 28 | Fire or Flame 47 | Non-Drug Poisoning 142 |
| 9 | | Natural or Environmental 2 | Suffocation 1 | Struck by or against 1 | Non-Drug Poisoning 6 | Suffocation 12 | Drowning 12 | Suffocation 17 | Fire or Flame 24 | Homicide 37 | Undetermined 139 |
| 10 | | Tie | Undetermined 1 | | Legal Intervention 6 | Fall 11 | Fire or Flame 11 | Tie | Undetermined 22 | Non-Drug Poisoning 21 | Other Specified 130 |

Rate of Fall-related Deaths among Older Adults (≥65 yrs) by Year, US and Ohio, 2007-2017



Fall-related Death Rate among Older Adults (≥ 65 yrs), Ohio, 2013-2017



Death Rate per 100,000

- Missing / Excluded
- Less than 44.75
- 44.75 to 53.35
- 53.35 to 61.3
- 61.3 to 69.2
- 69.2 and above

Min: 27.8 (Guernsey)

Max: 115.5 (Darke)



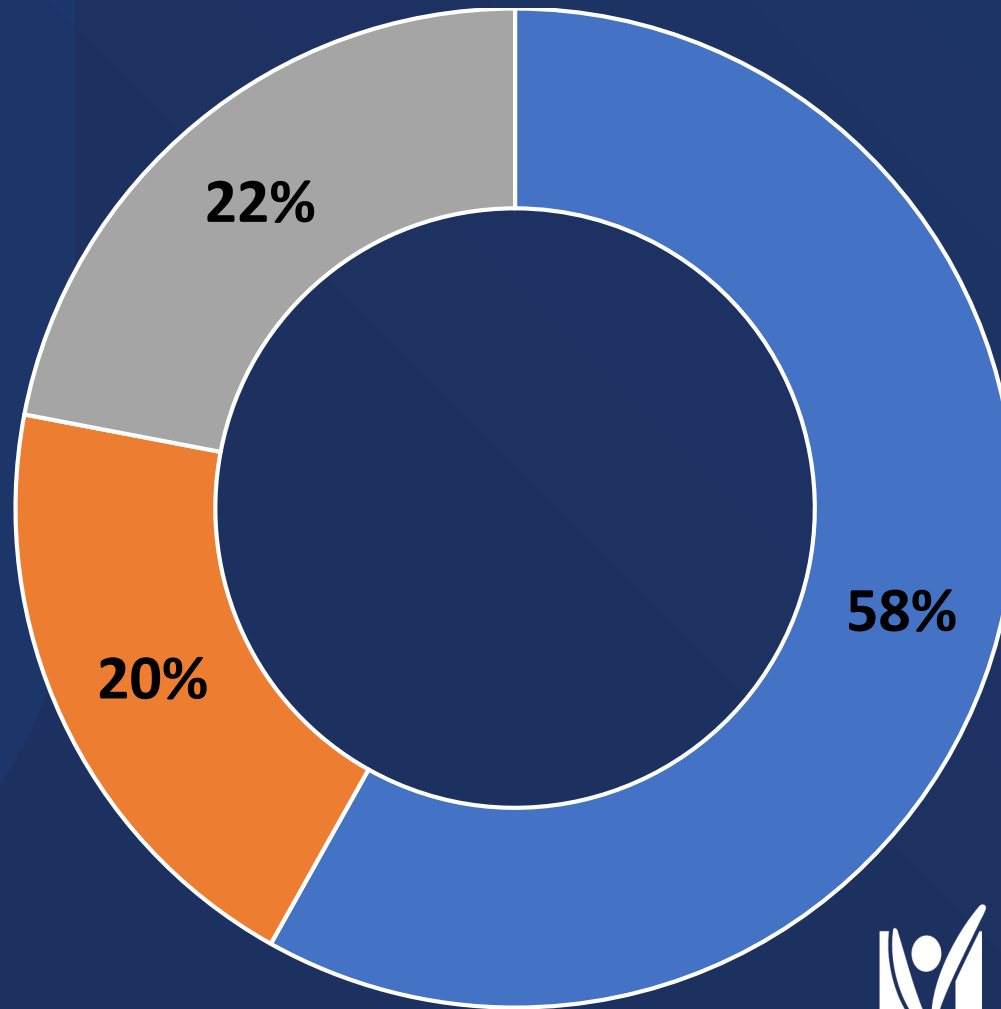
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Falls in Ohio

- Residents ages 65 and older account for **84% of all fall deaths** and 75% of nonfatal fall hospitalizations in Ohio.
- Falls are the **leading cause of traumatic brain injury (TBI)** in Ohio residents ages 65 and older. Falls account for 63% of TBI deaths and 67% of TBI hospitalizations.

Percent of Fall-related Deaths among Older Adults (≥ 65 yrs) by Injury Location, Ohio, 2017

- Home
- Residential Institution
- Other



Home: n=819 Residential Institution: n=280 Other: n=310

Lifetime Costs Associated with Falls, 2014

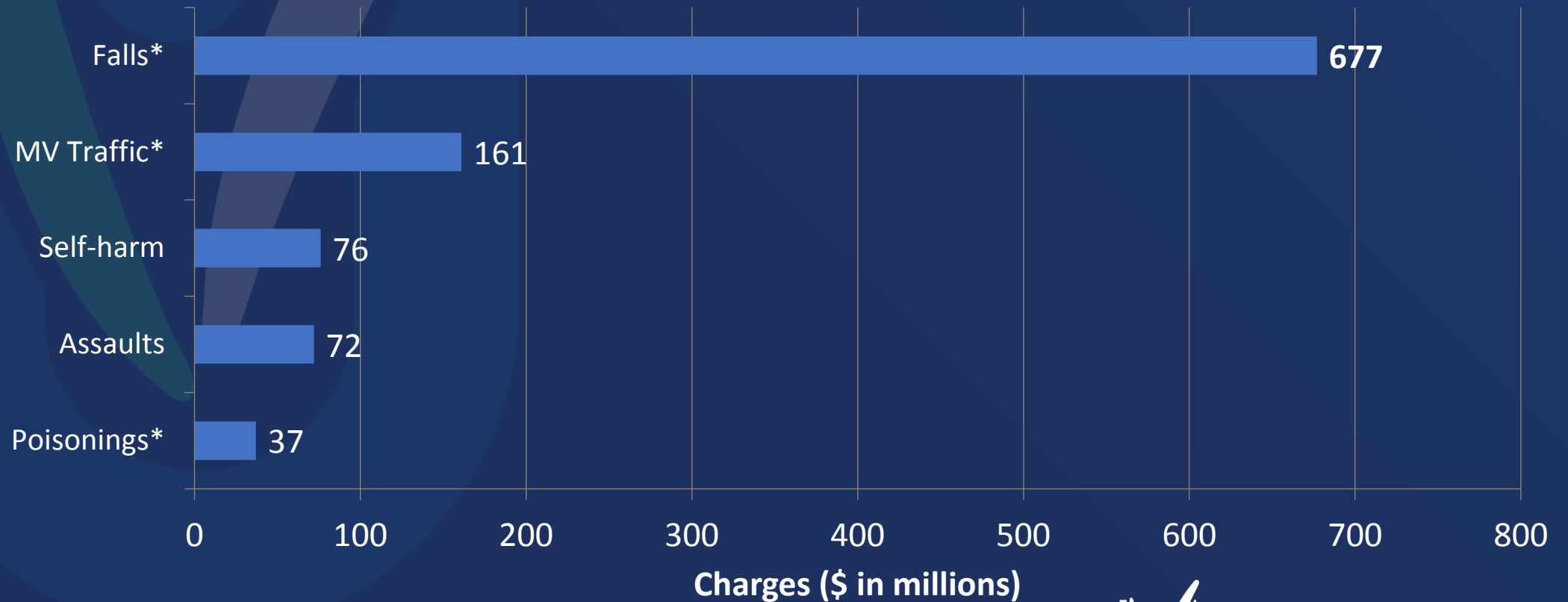
| | Number of Injuries | Medical Cost | Work Loss Cost | Combined Cost |
|--------------------|--------------------|------------------------|----------------------|------------------------|
| Deaths* | 1,160 | \$29,861,000 | \$132,340,000 | \$162,201,000 |
| Hospitalizations** | 19,461 | \$799,676,000 | \$587,105,000 | \$1,386,780,000 |
| ED Visits** | \$81,275 | \$264,111,000 | \$114,898,000 | \$379,010,000 |
| Total | 101,896 | \$1,093,648,000 | \$834,343,000 | \$1,927,991,000 |

Figures based on 2014 data

*Source: ODH Vital Statistics

**Source: Ohio Hospital Association

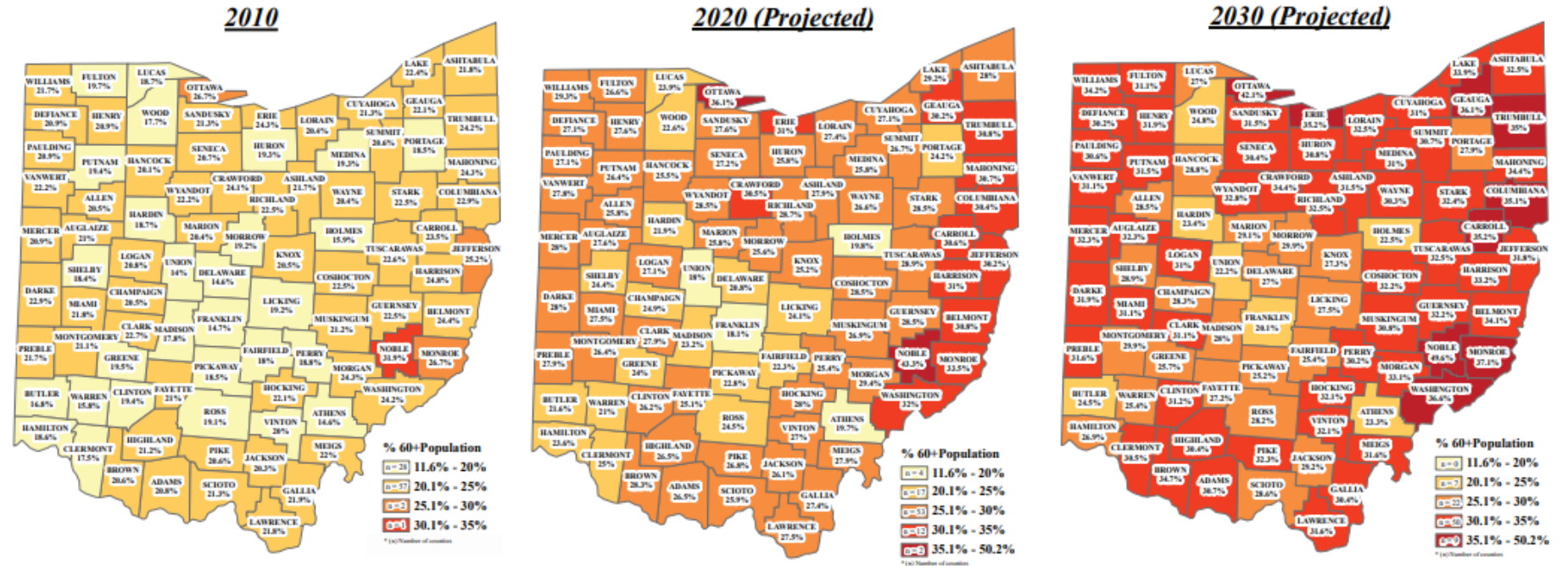
Total charges for inpatient treatment of leading causes of injury in Ohio, 2013



Source: Ohio Hospital Association
*Unintentional injuries

Ohio's 60+ Population by County

Ohio
 is an
 aging
 state.



Suggested citation: Scripps Gerontology Center 2015, Ohio 60+ population 2010-2030

© Scripps Gerontology Center 2015

Notes:

Classification of percentages and color-coding are done using the natural break (Jenks) method, which is similar to quintile based on the 2000 - 2020 data. A gray-scale version for color-blind viewers is available upon request.

Data source

2010 data: 2010 U.S. Census Bureau (2011). Census Summary file 1 & Investigative Reporters and Editors, Inc. (2011). CENSUS.IRE.ORG online database
 2020 & 2030 data (projected): Mehdi-zadeh, S. et al. (2004). Profile and Projections of Ohio's 60+ population: A county by county study, Scripps Gerontology Center, Oxford, Ohio

Contact information:

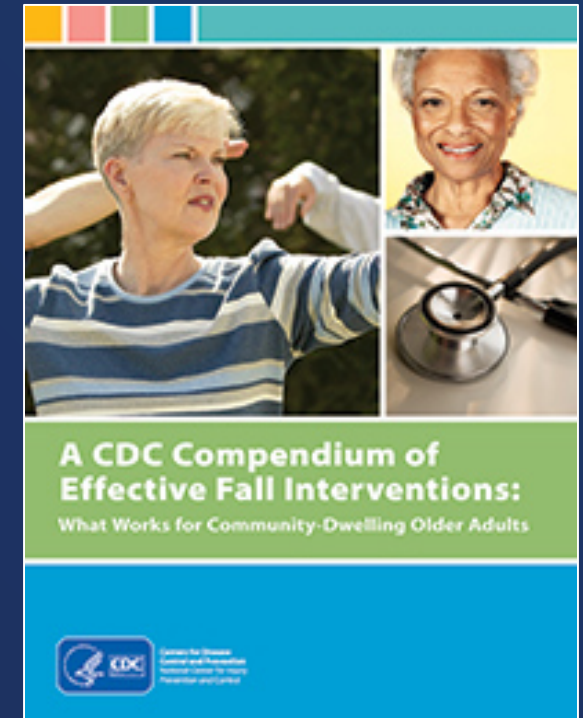
Scripps Gerontology Center
 Upham Hall room 396, Oxford, Ohio 45056
 Office: 513.529.2914
 Website: <http://www.scripps.miamioh.edu/>

Ohio's Response

A statewide approach

Community Fall Prevention Strategies

- Coalition and partnership building
- Data collection and needs assessment
- Home assessment and modifications
- Strength and mobility classes
 - Matter of Balance, Stepping On, Tai Chi
- Falls risk assessments and medication reviews
 - STEADI Toolkit



Ohio Department of Aging

- Steady U Ohio
 - Statewide educational campaign for individuals, families, healthcare providers, business, and community leaders
 - Launched in 2013
 - Expanded Matter of Balance statewide
 - Annual events and opportunities for raising awareness and support

<https://aging.ohio.gov/steadyu>



2018 Highlights

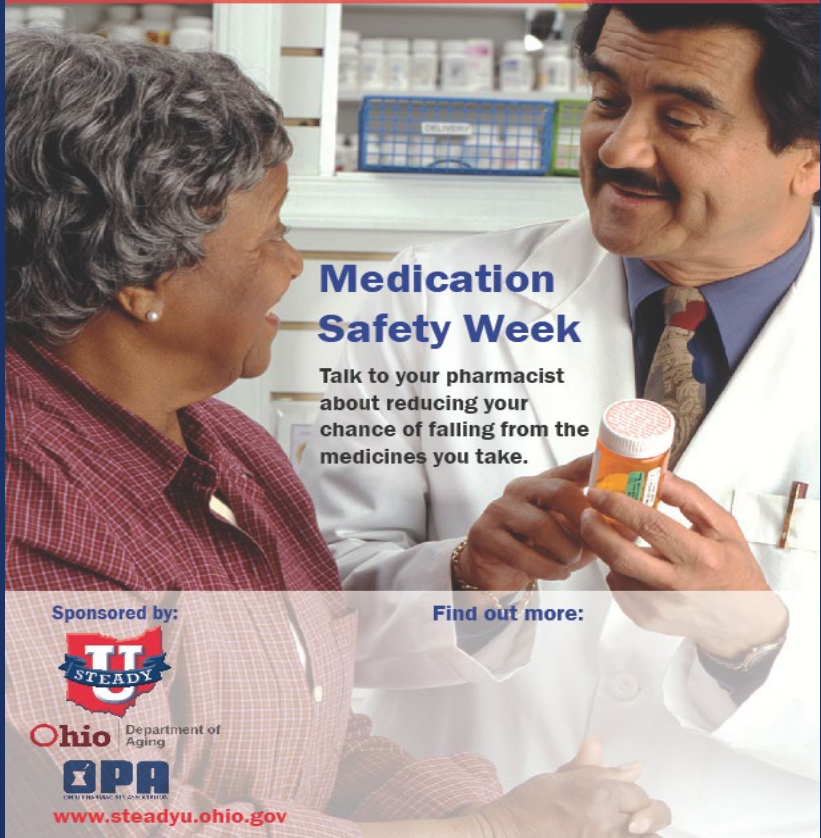
Don't fall for me Valentine

- STEADY U launched a campaign to encourage young children to show love to the older adults in in their lives by helping them to prevent falls.
- Elementary schools made Valentine's Day cards which were delivered to local veteran hospitals and nursing homes.



Medication Safety Week

- Ohio hosted a Medication Safety Week during the first week of April.
- Engaged pharmacies statewide to select a day during this week to invite older adults to have their medications reviewed.
- Over 400 chain and independent pharmacies participated.



1 in 3 older Ohioans will fall this year!

Medication Safety Week

Talk to your pharmacist about reducing your chance of falling from the medicines you take.

Sponsored by:

Find out more:

OHIO Department of Aging
OPA
OHIO'S PARTNERSHIP ON AGING
www.steadyu.ohio.gov

Senior Day at the Ohio State Fair

- Hosted “Well Beyond 60!” Expo at the Ohio State Fair on Senior Day in July.
- More than 1,000 older adults participated in free screenings.
 - Blood pressure screenings
 - Vision screenings
 - Falls risk assessments
 - Balance screenings
 - Nutrition education

Walgreens Partnership

- Monthly Senior Day – August theme was falls prevention.
- Information was provided to customers on STEADY U, Matter of Balance, and local aging resources.
- Older adults were given 1,000 balance rewards points for talking to pharmacists about falls prevention.
- Area agency on aging staff helped educate pharmacists about how and when to make referrals on the supports available through the area agencies.

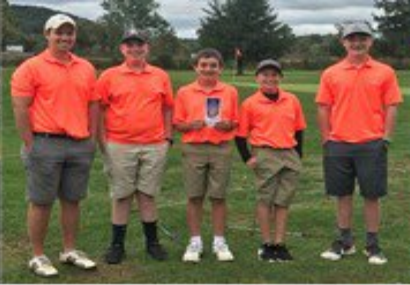
Walgreens Partnership



10 Million Steps to Prevent Falls

- To celebrate National Falls Prevention Awareness Day, STEADY U asked all Ohioans to help take “**10 Million Steps to Prevent Falls**” throughout the month of September.
- 106 groups or events
- 89 event or group sponsors
- 16,034 participants
- 31,273 miles walked
- **78.2 million steps**





10 Million Steps to Prevent Falls 2018



Ohio Department of Health

Violence and Injury Prevention Program (VIIPP)

- Coordinate surveillance systems that collect injury data
- Assess the burden of injuries and violence
- Promote evidence-based interventions
- Collaborate with partners to build program infrastructure
- Encourage the adoption of policies
- Provide technical support and training opportunities

VIPP Funding

- CDC Core Violence and Injury Prevention Grant
- Funded for injury surveillance and prevention since 2000
- State fall prevention initiatives including Ohio Older Adult Falls Prevention Coalition
- 2014 – 2018 local fall prevention initiatives: Delaware, Erie, Holmes, and Union Counties
- 2019 – 2023 local fall prevention initiatives: Erie, Holmes, Lucas, Union, and Washington Counties

Ohio Injury Prevention Partnership (OIPP)

- Data driven coalition focused on leading causes of injury to Ohioans
- Priorities developed as a result of strategic planning in 2007-2008
- Led by VIPP with funds from CDC
- Priority areas include:
 - Falls among older adults
 - Child injury
 - Prescription drug overdose

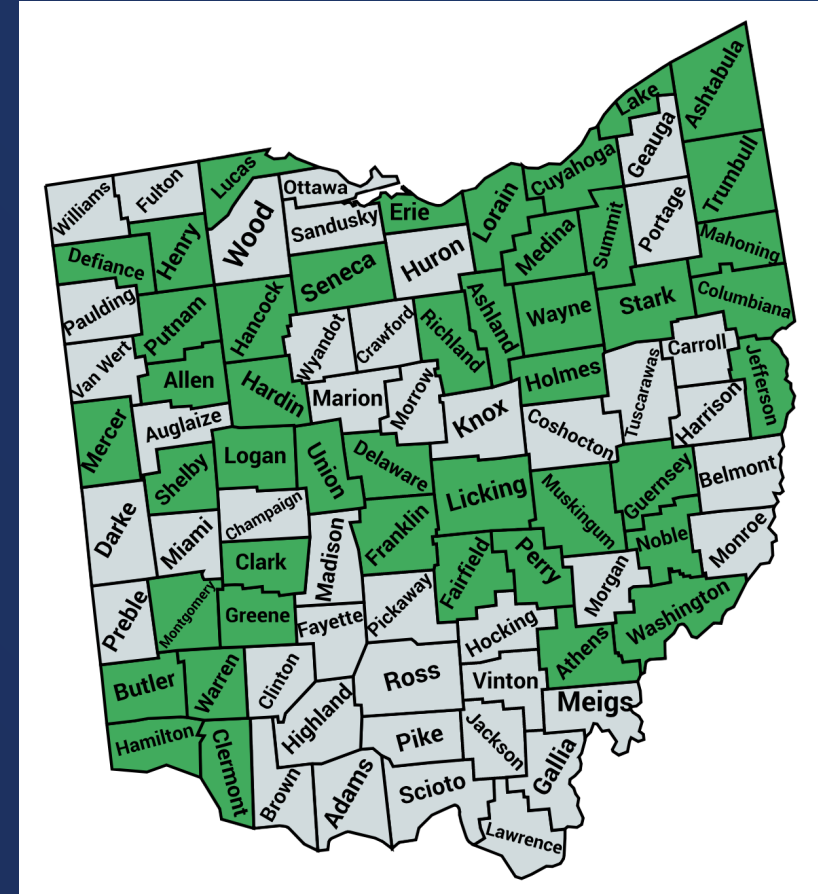
Ohio Older Adult Falls Prevention Coalition

- **Coalition Mission:** To reduce the risk of falls through partnerships, education, and policy
- **Coalition Vision:** Older Ohioans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.



Membership

- 183 members from 45 counties
- Professionals from variety of disciplines including education, faith based communities, government, healthcare, home healthcare, long term care, non profits, offices on aging, public health, public safety, retirement communities, and senior centers



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HEALTH DEPARTMENT

State Plan

- Partnered with Kent State University in 2016 to develop a comprehensive state plan.
- 2017-2021 State Plan: *Reducing Falls Through Collaboration and Partnership*
- Includes five priority areas:
 - Awareness
 - Promotion
 - Infrastructure
 - Policy
 - Data

Committee Projects

Awareness

- Biannual state conference
- National Fall Prevention Awareness Day
- Social media

Promotion

- Pilot project program
- Data collection on evidence based programs across Ohio

Infrastructure

- Member recruitment and retention

Policy

- Organizational policy recommendations
- Community dwellings for older adults policy recommendations

The Ohio State University Wexner Medical Center in Partnership with the
Older Adult Falls Prevention Coalition Presents the:

Fall Prevention Symposium Preventing Falls Among Older Ohioans: Collaborating For Success

Join us for a symposium for health professionals,
health educators and injury prevention advocates.

SAVE THE DATE

MARCH 29, 2019
CROWNE PLAZA COLUMBUS NORTH—WORTHINGTON
COLUMBUS, OHIO

Topics for the symposium will focus on multi-disciplinary
strategies used to prevent older adult falls to include:
exercise, health care and home environment.

Questions? Contact: Eleanor Garrison • (614) 273-1400 • eg@garrisonevents.com



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



**OHIO INJURY PREVENTION
PARTNERSHIP**
Older Adults Falls Prevention Coalition



**UNION COUNTY
HEALTH DEPARTMENT**

2018 Projects

- **Alliance City Health Department** – Partner with the University of Mount Union to implement the Matter of Balance program
- **Mercy Health Foundation** – Implement home assessments and modifications through a community paramedicine program
- **Perry County Job and Family Services** – Implement a home assessment and modification program
- **Putnam County Health Department** – Implement a Tai Chi program
- **TriHealth Think First Injury Prevention Program** – Expand the Stepping On program in Southwestern Ohio

Exercise and Mobility Capacity Building

Tai Chi

Mount Carmel and Shift Grandview

- Funded in 2014 and 2015 to train Tai Chi instructors
- Successfully trained 164 instructors in the Cincinnati, Cleveland, Columbus, Toledo areas as well as several rural communities



Stepping On

TriHealth Think First Injury Prevention

- Funded in 2017 and 2018 to train Stepping On facilitators
- Trained 40 facilitators in 2017 in Cincinnati area
- Will train an additional 20 facilitators in 2018-2019

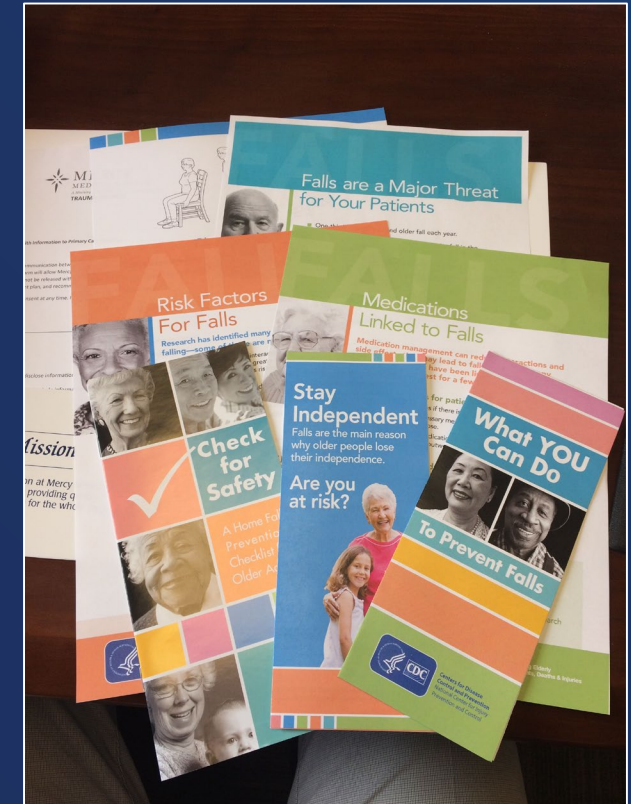


Fall risk and home assessments

Mercy Medical Center

Stark County, Ohio

- Incorporated fall risk assessment for all seniors 65+ presenting in the ED beginning in October 2016
- Expanding the assessments to urgent care locations in 2018-2019
- Completed 21,781 fall risk assessments
- 7,123 patients had a STEADI score of 4 or greater
- Coordinate outreach to primary care physicians
- Provide educational booklets
- Provide physical therapy screenings and make referrals
- Established partnerships between Mercy's EMS Outreach Coordinator and 5 local fire departments to conduct home assessments for high risk patients



Home safety and medication reviews

Ohio Northern University
Hardin County, Ohio

- Incorporated program into discharge planning at therapy department of skilled nursing facility
- 50 pharmacy students trained
- 27 medication reviews and 14 modifications to medication regimens
- 26 older adults received home safety education
- Expanding program to additional pharmacy schools in Ohio beginning in 2019



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