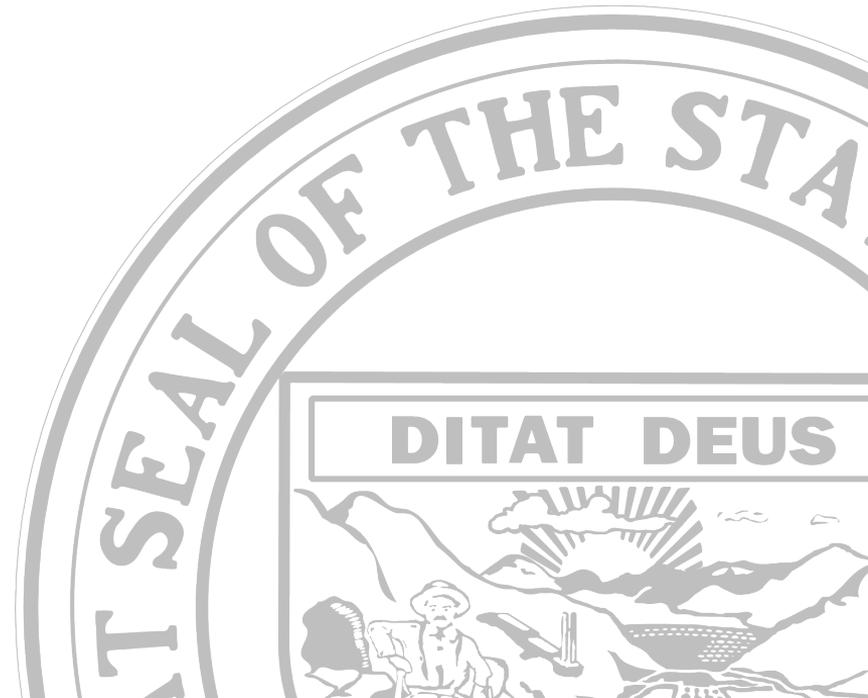


Governor's Advisory Council on Aging

August 11, 2021

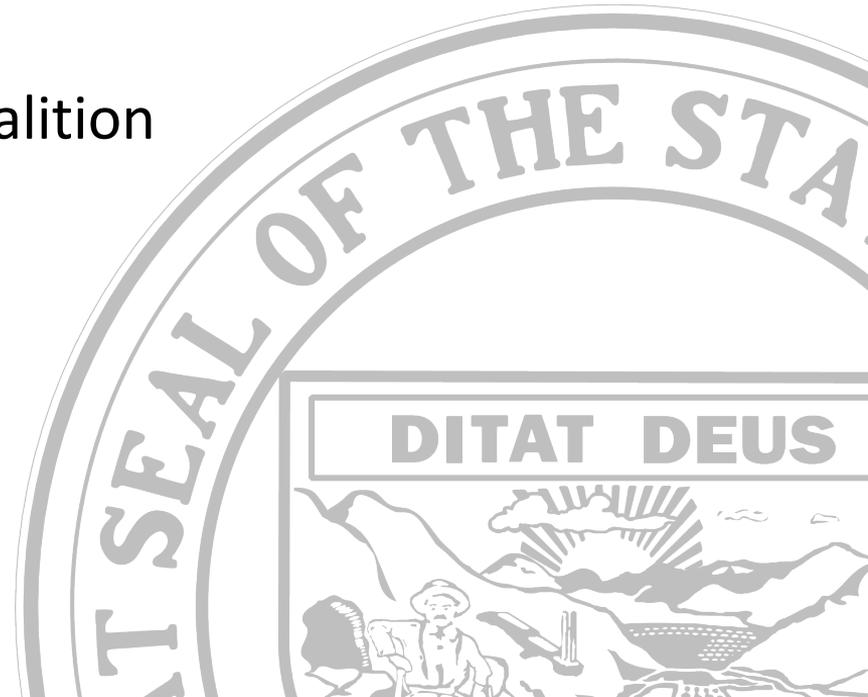


Governor's Advisory Council on Aging

Arizona Falls Prevention Coalition

Melissa Luxton, MSN, RN

LCDR Shane Galloway, PhD



The Arizona Falls Prevention Coalition 2021 Progress Report

Melissa Luxton, MSN, RN
AFPC Chairperson

LCDR Shane Galloway, PhD
Epidemiologist, State Assignee (ADHS) at
Centers for Disease Control and Prevention



Objectives

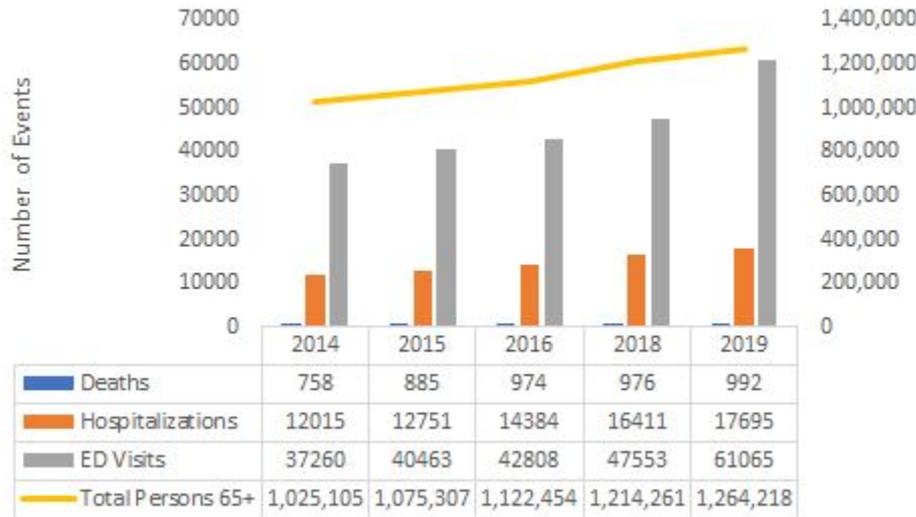
- The prevalence of falls in Arizona
- The importance of falls prevention education
- The statewide impact of the Arizona Falls Prevention Coalition (AFPC)
- Report outs from the Western, Northern and Southern chapters (initiatives and outcomes)





The Prevalence of Falls in Arizona

Arizonans (65+ years of age) with fall resulting in death, hospitalization, or ED visit

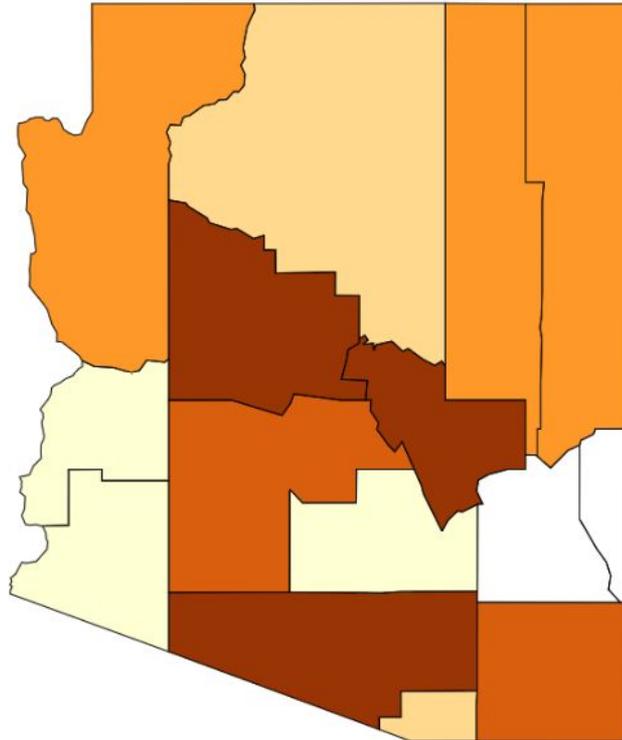


Both the number and rate of falls resulting in death, hospitalization, and/or an Emergency Department (ED) visit increased from 2014-2019. ED visits particularly increased from 2018-2019.

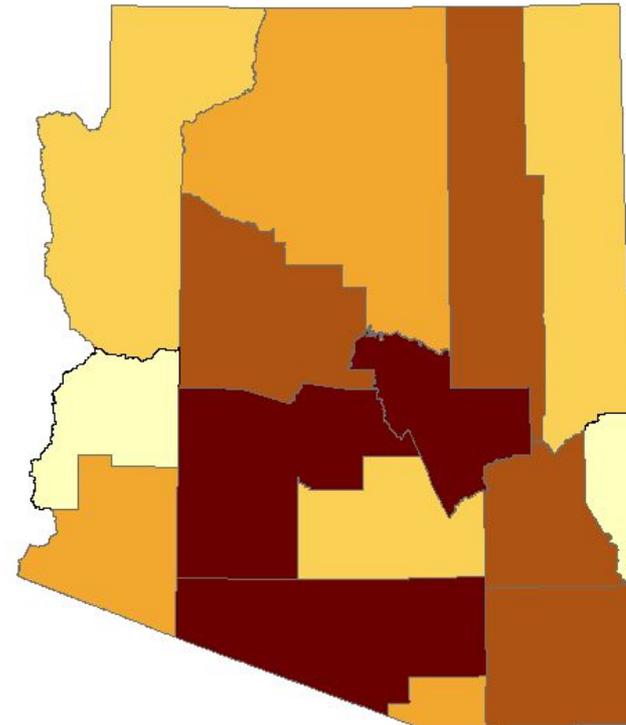


The Prevalence of Falls in Arizona

Crude Mortality Rates of Unintentional Falls among Arizonans 65+ years of age, 2014-2018



Age-Adjusted Hospitalization Rates of Unintentional Falls among Arizonans (all ages), 2019

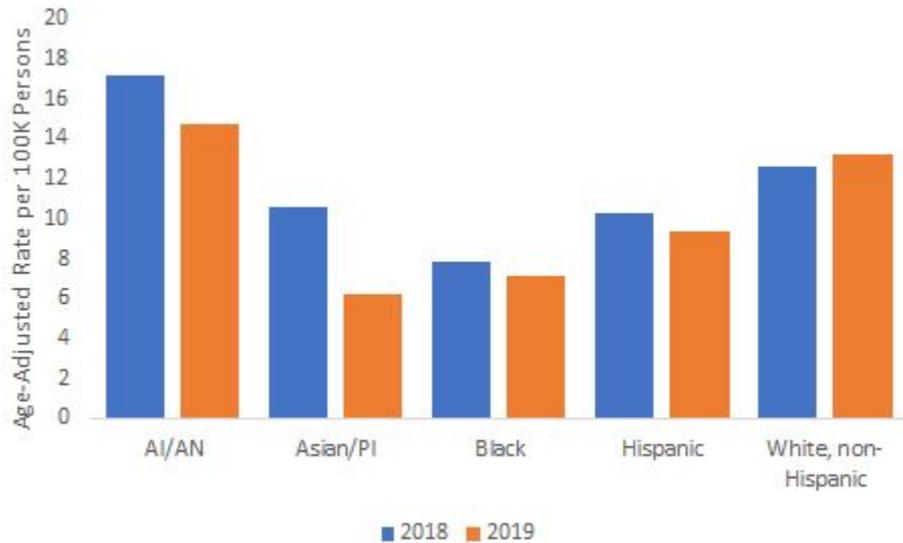


Data Source: WISQARS, NCHS Vital Statistics System for numbers of deaths. Bureau of Census for population estimates.

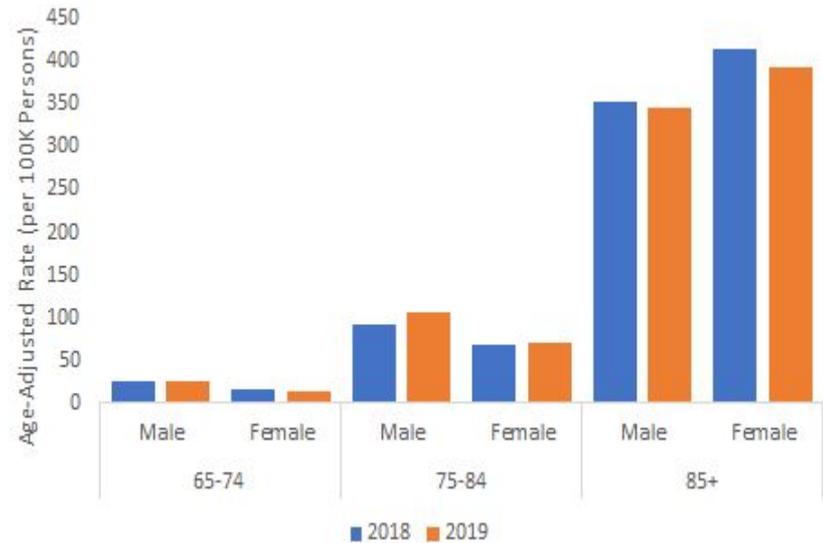


The Prevalence of Falls in Arizona

Age-Adjusted Mortality Rate (per 100,000 persons), Arizona 2018-2019



American Indians have the highest rate of falls-related mortality among all ages



The highest rate of falls-related mortality was among 85+ year old males and females

About Us



Our Calling is to Prevent Falling!

- Arizona Falls Prevention Coalition is designed to provide information, advice, helpful hints and tips to help prevent falls and fall injuries by the elderly in Arizona. By raising awareness of the issue and by providing advice to older adults, we hope to lower the occurrence of elderly falls in Maricopa County and across our state.
- Developed to promote evidence-based falls prevention approaches, the Arizona Falls Prevention Coalition (AFPC) helps coordinate existing efforts, provides technical assistance and increases the opportunities for older adults to enhance their quality of life. The Coalition provides education and information to help older adults in Arizona improve their flexibility and balance, reduce their fear of falling, and decrease the likelihood of a fall.
- The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy.



The Importance of Fall Prevention Education

- Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again (CDC, 2021).
- Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.
- Fall prevention education in conjunction with fall prevention strategies can reduce falls. Fall prevention education provides numerous advantages such as improving fall prevention awareness, perception of fall prevention intervention, and self-efficacy.



Statewide Impact

- Professional and public education-awareness
- Professional and Public Symposiums (2018 & 2019)
- Engagements:
 - Fire & Medical Department
 - Health Systems (Banner Health; Honor Health; Dignity; Regional Medical Centers)
 - Local Health Departments / County Public Health (LDH's)
 - Higher education institutions (ASU Nursing and Health Innovation and Health Solutions, UA COM and MEZCOPH, NAU, GCU)
- Outreach



2021 AFPC Accomplishments

- Maintained its presence and meetings through the COVID-19 pandemic
- Expanded membership since January 2020
 - Increased involvement from Valley-Wide Fire Departments
 - Four new committee chairpersons were appointed to the leadership council
- PSA project with Valley Fire Department PIO's for Falls Awareness Prevention Day in September
 - ADOT for highway messaging on 9/22/21 (FPAD)
- Governor's proclamation request submitted by PIOs, Chiefs Case and Bartee (Ret.) Phoenix FD EMS Strategic Communications
- Co-Chairs Development of new website
- Virtual program offerings

AFPC Chapter Report



- Northern Chapter (Yavapai, Apache, Navajo and Coconino counties)
 - expanded partnerships with AAA's , AARP, community based organizations, fire dept's, and regional medical centers along with community-based organizations
 - Planning a virtual falls prevention awareness month conference in **September 21, 2021**, including mayoral and/or county supervisors' proclamations
 - Maintained their presence and meetings through the COVID-19 pandemic
- Southern Chapter (Pima, Cochise, Pinal, Greenlee, Graham, Santa Cruz)
 - Regional meetings were put on hold, meetings to resume in September 2021
 - New co-chair appointed, Rebekah McGee with PCOA in May 2021.
 - Applied for two ACL FOA grant proposals submitted (Pima county and UA); neither awarded.
 - FPA Month Plan includes updating campaign assets for social media
- Western Chapter (Yuma, Mohave and La Paz counties)
 - expanded partnerships with AAA, community based organizations, fire dept's, and regional medical centers along with community-based organizations
 - Planning a virtual falls prevention awareness month conference on **September 22, 2021** , including mayoral proclamations
 - Maintained their presence and meetings through the COVID-19 pandemic

ARS 36-420 (SB 1373)



Through the Attorney General's Health and Safety Committee, the legislation of SB 1373, later becoming Health Care Facilities; Duty of Care Title 36, Chapter 4, Article 1 § 420.0 - 420.01, was initiated and signed by the governor. This Revised Statute will require senior care facilities to provide CPR, first aid, and aid to people who have fallen until EMS arrives on scene. This will require specialized training for staff, and will have state-wide impact and is a model for the nation. The AFPC was specifically named in the SB and ARS. A health care institution may use information and training materials from the Department's Arizona Falls Prevention Coalition in developing the training program.

Thank You for the invitation and Your Support!

“Our Calling is To Prevent Falling™”



www.AzStopFalls.Org

Governor's Advisory Council on Aging

Alzheimer's State Plan

James Fitzpatrick

Public Policy & Advocacy Director Alzheimer's Association

Desert Southwest

jfitzpatrick@alz.org

