

# Funding Local Fall Prevention Classes

LC 4 – University of Cincinnati College of Medicine

# Background on Falls

- Falls are the leading cause of fatal and non-fatal injuries in older adults
  - 14 million fall each year
  - 1 million fall-related hospitalizations each year
  - In 2019, 83% of hip fracture deaths resulted from falls
- Falls also affect mental health
  - Past falls can become a daily fear for older adults, causing them to limit their activity both inside and outside the home
  - This leads to isolation, anxiety, and depression

# Fall Prevention Program Data

- Collaboration with a community organization (People Working Cooperatively) allowed for analysis of a community-based fall prevention program
  - Participating individuals completed a seven-week program aimed towards improving their ability to avoid falling or putting themselves at risk of falling
- Fall prevention training significantly reduces fall rate amongst older adult cohorts
  - Participants experienced 0.48 fewer falls at 1 month and 0.37 fewer falls at 12 months post-program
  - Participants also exhibited a decrease in their self-perceived fall risk

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## Background Policy Info

- According to publicly available information, there are no current fall prevention programs funded by the City of Cincinnati
- Most available programs are funded by grants or private hospitals

# Policy Proposal

- Allocation of dedicated funding towards supporting free and accessible fall prevention classes for Cincinnati residents
  - Implementation of fall education in community recreational centers such as YMCAs

# Rationale for Proposal

- Falls among senior adults (over 65) cost the US populace almost 80 billion dollars yearly
  - These expenses are largely covered by the federal government in the form of Medicare
- Nearly a quarter of greater Cincinnati residents live in poverty
  - Data shows that individuals under the poverty line are more susceptible to suffering fall-related injuries
  - Fall prevention proficiency can provide a palpable benefit towards easing financial burdens and improving physical and mental health in the tri-state area
- The intangibles: providing social networks for elderly individuals, allowing residents to feel safer at home

## References

- Older adult fall prevention at-a-glance. Centers for Disease Control and Prevention . Accessed October 15, 2025. [https://www.cdc.gov/falls/pdf/CDC-DIP\\_At-a-Glance\\_Falls\\_508.pdf](https://www.cdc.gov/falls/pdf/CDC-DIP_At-a-Glance_Falls_508.pdf).
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- Megalla M, Ditkowsky J, Parulekar MS, Gelman S. Socioeconomic Factors Associated With Increased Risk of Falls in Older Adults. Am J Lifestyle Med. 2023;19(3):419-430. Published 2023 Jul 28. doi:10.1177/15598276231192029
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