



In 2016, the NC Center for Health and Wellness (NCCHW) became the centralized statewide resource center for evidence-based healthy aging programs in North Carolina through support from an Administration for Community Living falls prevention grant. The statewide resource center is called [Healthy Aging NC](#). During the grant period (September 1, 2014-August 31, 2017), NCCHW improved efficiencies in capturing the data for four evidence-based falls prevention programs. These include: A Matter of Balance, the Otago Exercise Program, Tai Chi for Arthritis, and YMCA Moving for Better Balance (Tai Ji Quan). The following report summarizes the data collected and entered into the National Council on Aging database over the three-year grant period. Data includes number of participants reached by programs and outcomes of participation in the programs.

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**Total number of participants: 4484**

Fear of Falling – 1639 participants answered both questions

Average Fear of Falling Score – Pre	Average Fear of Falling Score – Post	Change in Fear of Falling	<i>p</i> – value
2.54	2.20	-0.34	0.000

Fear of falling question is on a scale of 1 to 4, with high scores indicated greater fear.

Has this program reduced your fear of falling?

1725 participants answered this question

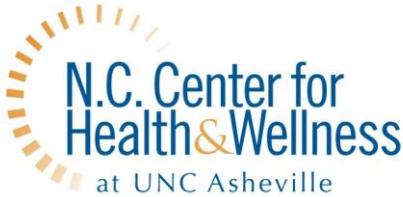
Answer option	Number (%)
Yes	1551 (89.9)
No	174 (10.1)

Measure	# of responses	Average Score – Pre	Average Score – Post	Change in Score	<i>p</i> – value
General Health*	1633	3.24	3.43	0.19	0.000
Get Up from Fall**	2267	2.77	3.24	0.47	0.000
Reduce Falls**	2232	2.76	3.34	0.59	0.000
Protect Self **	2192	2.35	2.98	0.64	0.000
Increase Strength**	2223	2.96	3.45	0.49	0.000
Become Steady**	2230	2.85	3.31	0.47	0.000
Concern about falling***	1962	2.09	1.79	- 0.29	0.000
Timed up and go (seconds)	310	12.14	9.84	- 2.29	0.000
Chair Stand (number of sit-to-stand in 30 sec)	290	8.83	12.05	3.22	0.000

\* General health is on a scale of 1 to 5 with higher scores indicating improved health

\*\* Get up from fall, reduce falls, increase strength, and become steady are on a scale of 1 to 4 with higher scores indicating greater confidence

\*\*\* Concern about falling is on a scale of 1 to 5 with higher scores indicating greater concern of falling



Participants significantly improved across all outcome measures following program participation in NC. Participants were more sure of their ability to get up following a fall, reduce their risk of falls, protect themselves from a fall, increase their strength, and become steady on their feet. There was also a significant reduction in concern of falling when comparing pre and post survey responses. Although the sample was small for the physical performance measures (N = 310 for TUG and N = 290 for Chair stand test), there was a significant improvement in physical performance among those measured. Participants reduced the amount of time to complete the TUG test and increased the number of chair stands completed in 30-seconds.

#### A Matter of Balance

Workshops	306
Participants	3838
Completers	2902
Completion Rate	75.6%

#### Otago

Workshops	21
Participants	65
Completers	unknown

#### Tai Chi for Arthritis

Workshops	15
Participants	182
Completers	unknown, all classes took place before minimum 16-hour completer requirement established, but 66 participants had at least 12 hours of attendance, number of sessions offered varied

#### Tai Ji Quan (YMCA Moving for Better Balance)

Workshops	35
Participants	306
Completers	22 had at least 50 hours attendance



**HEALTHY AGING NC**

AN INITIATIVE OF THE N.C. CENTER FOR HEALTH & WELLNESS AT UNC ASHEVILLE  
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