

# UPDATE ON NEW MEXICO FALL PREVENTION ACTIVITIES

**For the Legislative Health and Human Services Committee**

Toby Rosenblatt, New Mexico Department of Health  
Janet Popp, New Mexico Adult Fall Prevention Coalition

November 25, 2014



# **New Mexico Falls Prevention Progress Report**

## **Executive Summary**

1. The Department of Health (DOH) has engaged key collaborators: The Falls Task Force, the Aging and Long Term Services Department (ALTSD), Senior Olympics, HealthInsight New Mexico, the Healthy Aging Collaborative, faculty at UNM School of Medicine, NMSU Department of Human Performance, Dance and Recreation, and especially the Adult Falls Prevention Coalition.
2. Community-based fall prevention activities have expanded.
3. Provider training in fall risk assessment and fall prevention is expanding.
4. Public awareness about fall risks will expand thanks to:
  - a. A new website, [stopfallsnm.org](http://stopfallsnm.org) ; and
  - b. Collaboration between DOH and ALTSD's Aging and Disability Resource Center



| Provision of House Bill 99  | Progress to Date   |
|---|--|
| Contract for the development of a statewide community-based adult fall risk awareness and prevention media campaign.  | The Department of Health partnered with the New Mexico Adult Falls Prevention Coalition to develop fall prevention content for the Adult Falls Prevention Coalition website, which is hosted by <i>HealthInsight</i> New Mexico. (There is a link to this website on the Department of Health website.)  |
| Conduct program outreach to the public, to groups or to organizations that advocate for adult fall risk awareness and prevention, and to health care providers. | <p>DOH conducts fall screening and prevention efforts with:</p> <ul style="list-style-type: none"> <li>• NM Adult Falls Prevention Coalition</li> <li>• The Healthy Aging Collaborative (HAC)</li> <li>• The Aging and Long-Term Services Department.</li> <li>• NM Senior Olympics' <i>Enhance Fitness</i> program, and</li> <li>• Santa Fe and Rio Rancho Fire Departments.</li> </ul> <p>DOH co-sponsored the first Older Adult Fall Prevention symposium with the Adult Falls Prevention Coalition and the HAC on November 14, 2014.</p> |

| Provision of HB 99  | Progress to Date   |
|---|--|
| <p>Coordinate adult fall risk awareness and prevention training workshops</p>                                 | <ul style="list-style-type: none"> <li>• DOH sponsors a <i>Tai Chi: Moving for Better Balance</i> instructor certification. Approximately seventy instructors have been certified since 2010.</li> <li>• The Department will contract to train for health care professionals (physicians, mid-level providers, physical therapists, and nurses) in the use of the STEADI toolkit.</li> </ul>   |
| <p>Serve as a resource for information and written materials on adult fall risk awareness and prevention.</p> | <p>The NM Adult Falls Prevention Coalition is:</p> <ul style="list-style-type: none"> <li>• Distributing fall prevention materials at conferences and workshops;</li> <li>• Providing adult falls information on its website;</li> <li>• Translating the Falls Coalition consumer webpages into Spanish.</li> </ul> <p>In the meantime, the DOH is:</p> <ul style="list-style-type: none"> <li>• Contracting with the Aging and Long Term Services Department's Aging and Disability Resource Center to distribute fall prevention materials and referrals.</li> </ul> |

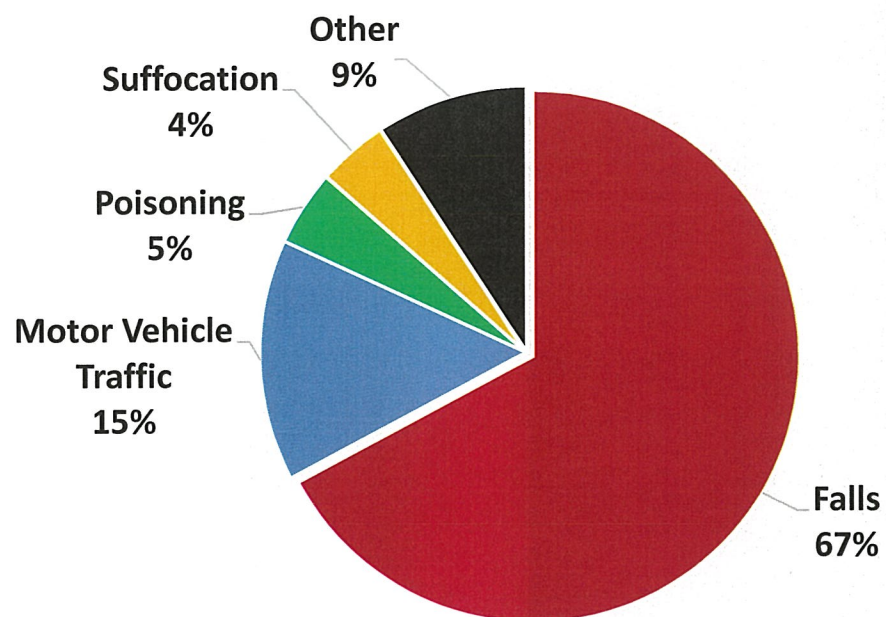


| Provision of HB 99  | Progress to Date   |
|---|--|
| Contract with senior service providers to implement evidence-based interventions for adult fall prevention. | <ul style="list-style-type: none"> <li>• The DOH is working with Senior Olympics' <i>Enhance Fitness</i> Program instructors to teach <i>Tai Chi: Moving for Better Balance</i> in senior centers, community centers and assisted living communities.</li> </ul>   |
| Act as a liaison between the New Mexico organizations that work to prevent fall-related injuries.           | <ul style="list-style-type: none"> <li>• DOH participates in the executive committees of the New Mexico Healthy Aging Collaborative and the New Mexico Adult Falls Prevention Coalition, and staffs meetings of the Coalition.</li> <li>• DOH assisted in planning and staffing the first NM Adult Falls Prevention Symposium.</li> <li>• DOH partnered with the Adult Falls Prevention Coalition and the Health Aging Collaborative on Senior Day at the State Fair to provide falls screening and educational materials to approximately 100 seniors.</li> </ul> |

| <b>Provision of HB 99</b>  | <b>Progress to Date</b>  |
|--|--|
| Contract with one or more institutions of higher learning to provide educational programming in fall risk assessment and fall prevention strategies. | DOH will contract with the New Mexico State University Human Performance, Dance, and Recreation Department to implement a falls screening initiative throughout Southern New Mexico. |
| Contract with one or more agencies on aging to provide fall risk awareness and prevention programming and literature to the public.                  | DOH is contracting with the Aging and Long-Term Services Department to distribute literature to the public.  |
| Conduct trainer instructional workshops and booster training for evidence-based falls risk awareness and prevention programs.                        | The DOH is conducting trainer instructional workshops for community-based, evidence-based falls risk awareness and prevention.   |

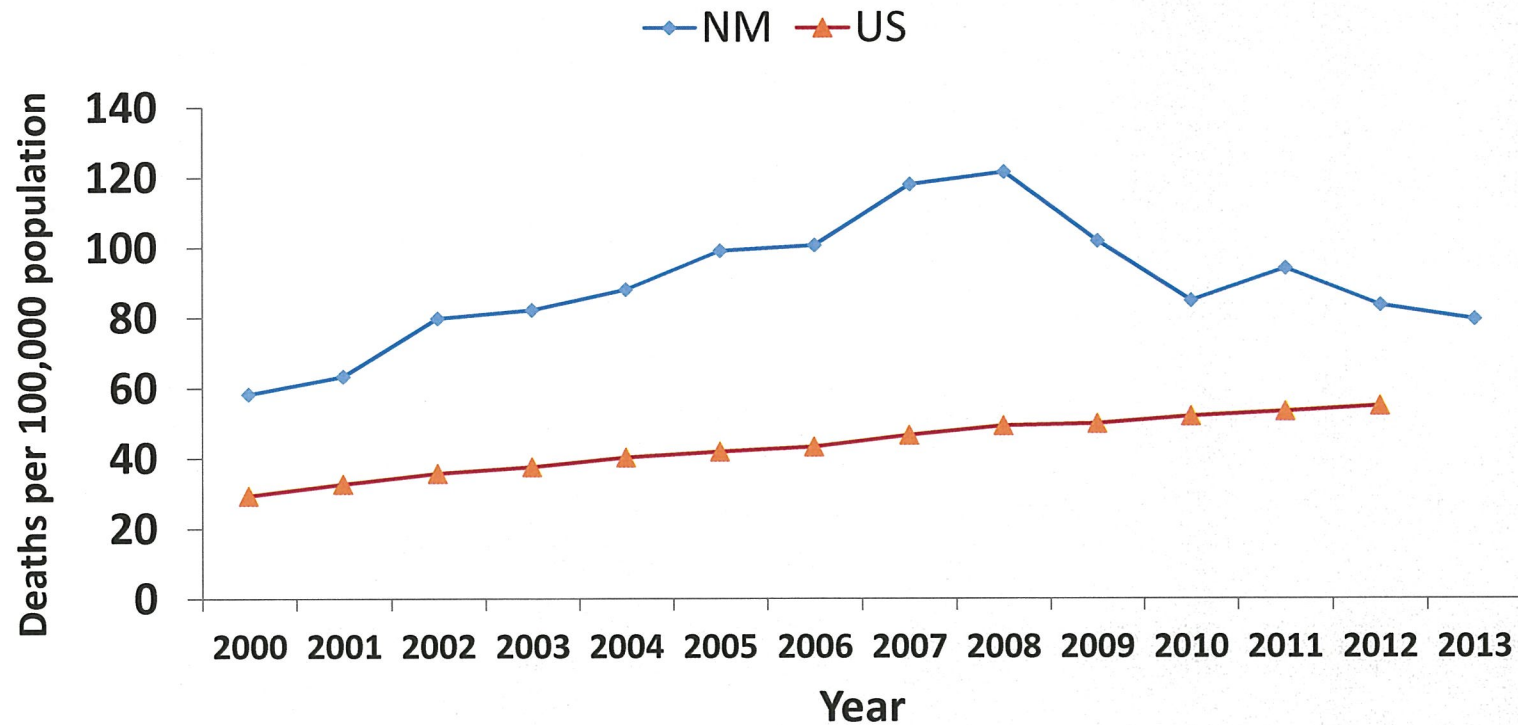


## Unintentional Injury Deaths, Adults Aged 65+ Years, NM, 2013



Source: NM Bureau of Vital Records and Health Statistics

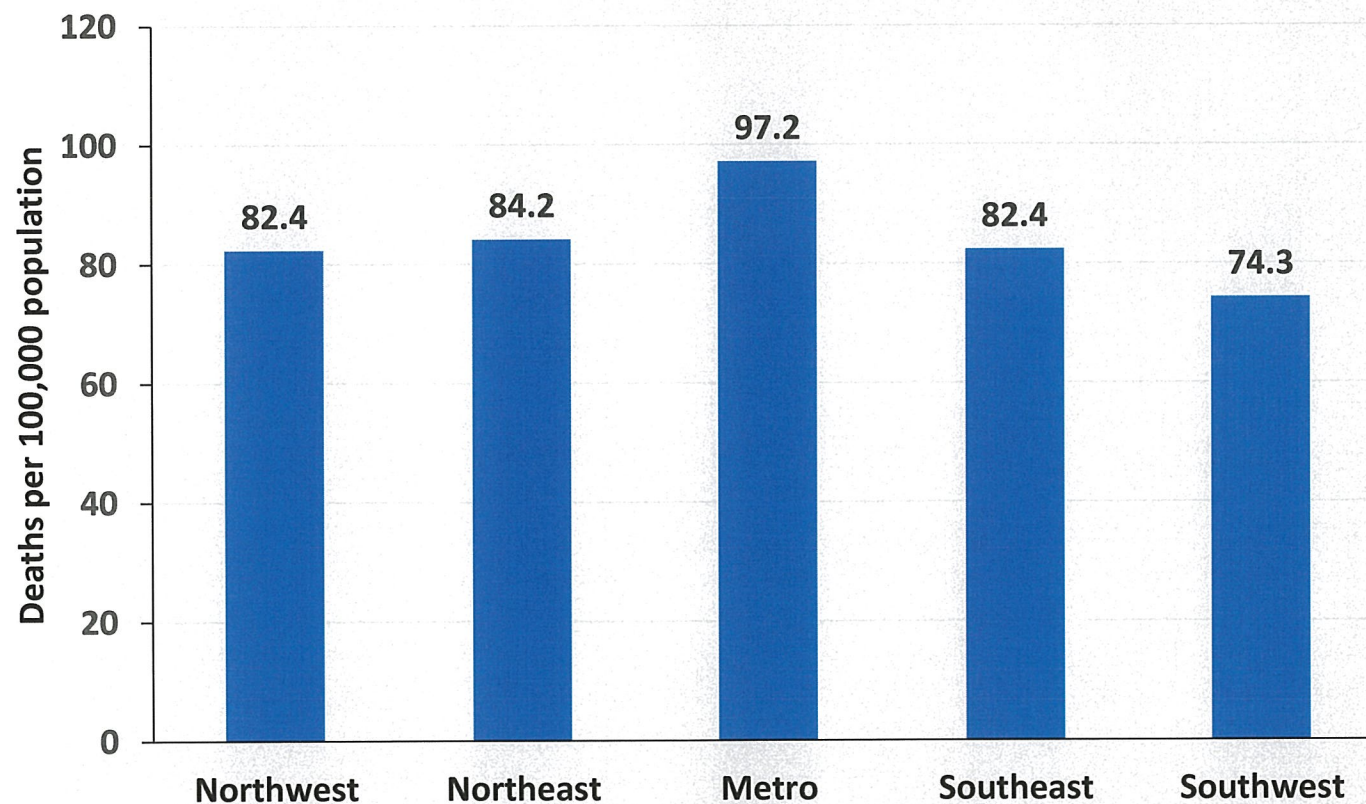
## Unintentional Fall-Related Death Rates, Adults Aged 65+ Years, NM and U.S., 2000-2013



Sources: NM Bureau of Vital Records and Health Statistic and CDC, WISQARS  
Rates are age-adjusted to the 2000 standard US population



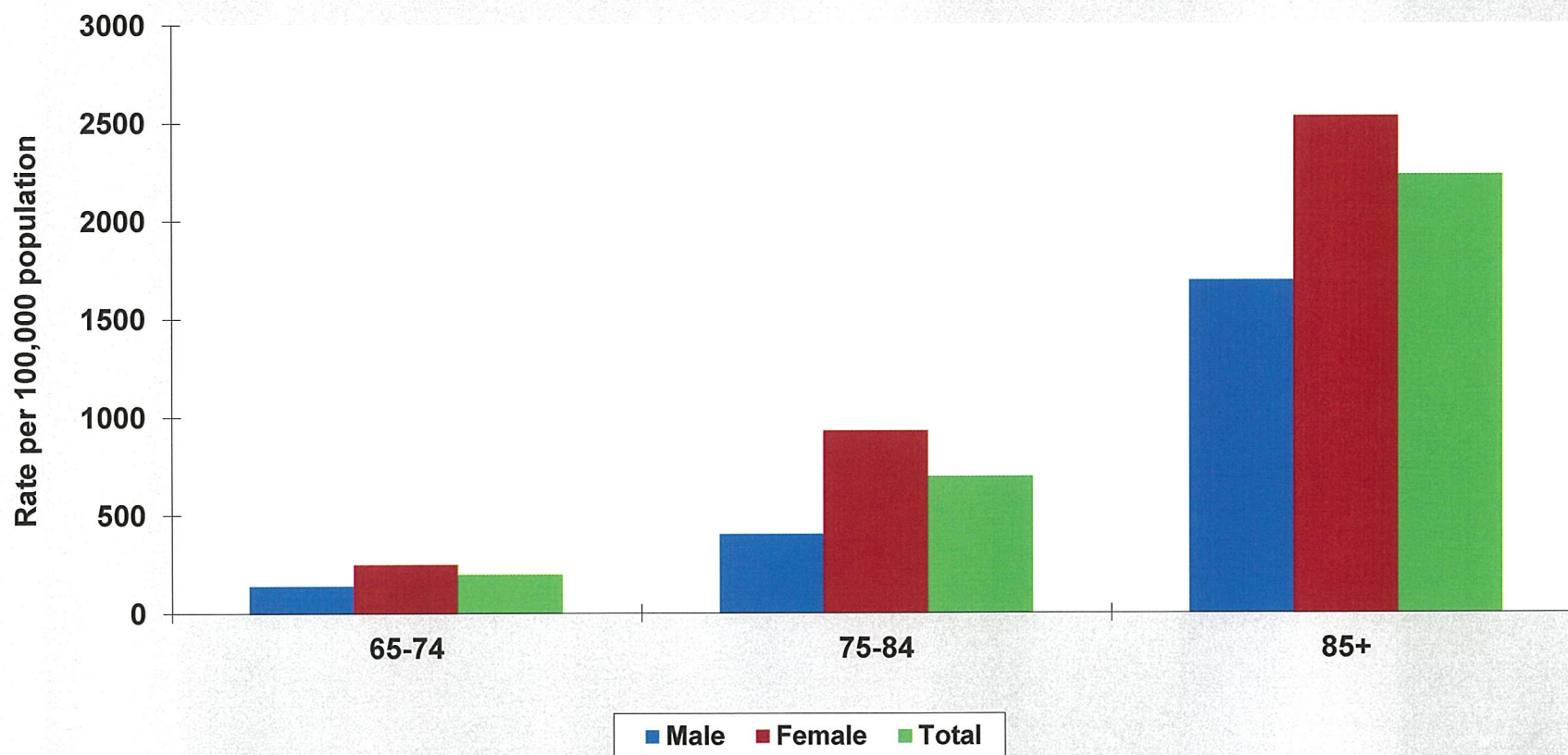
## Fall - Related Death Rates Among Adults Aged 65+ Years by Health Region, New Mexico, 2009-2013



Source: NM Bureau of Vital Records and Health Statistics



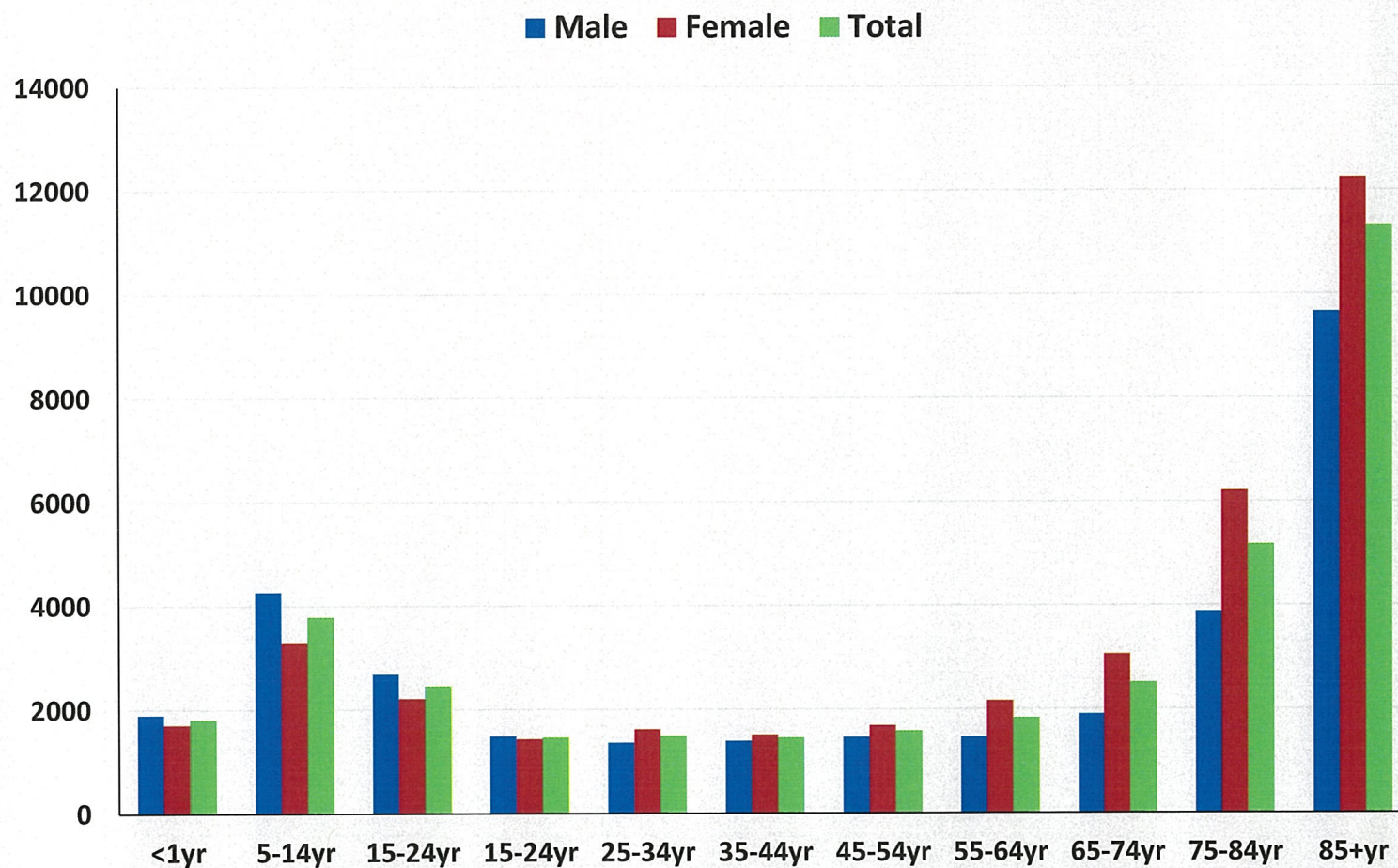
## Hip Fracture Hospitalization Rates Among Persons Aged 65+ Years by Age and Sex, New Mexico, 2013



Source: NMDOH Health Systems Program



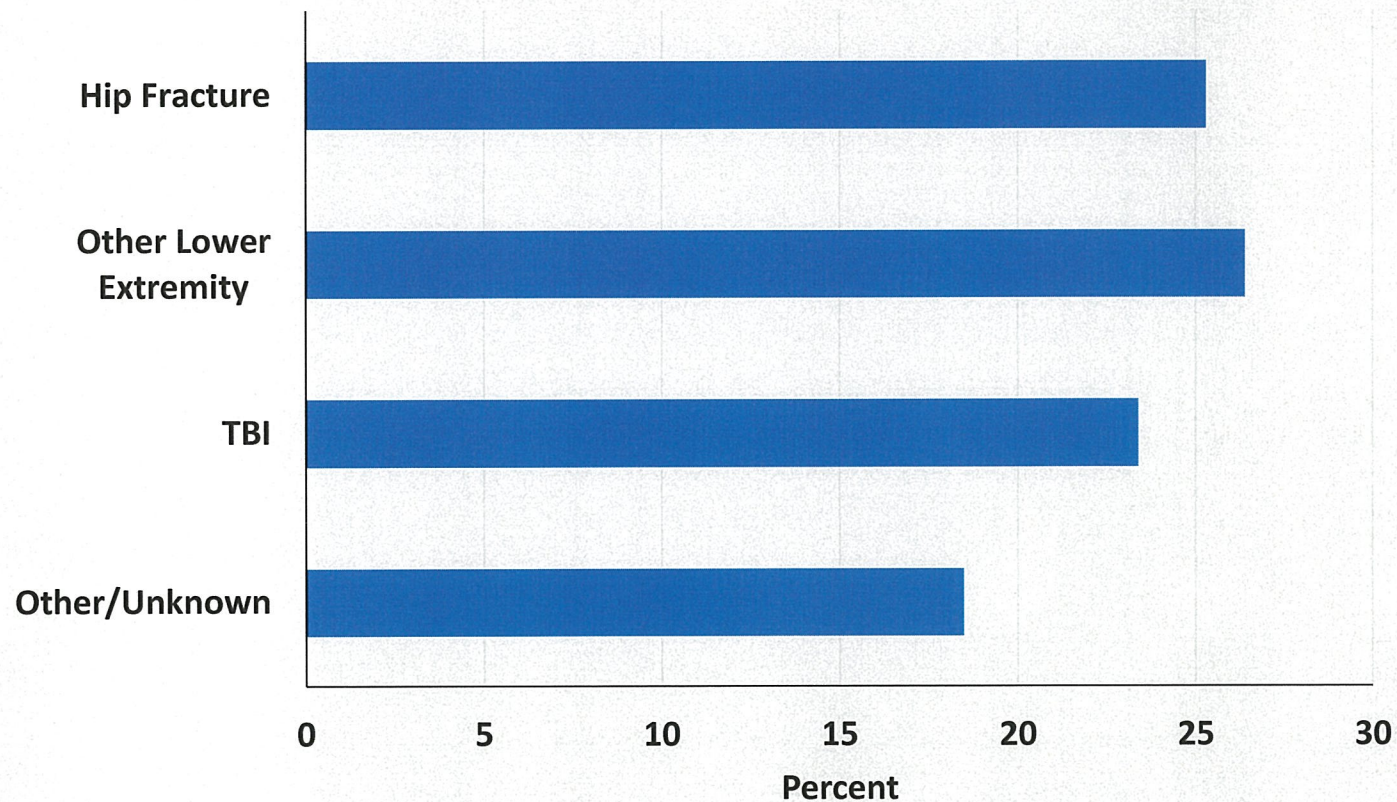
## Fall-Related ED Visit Rates by Age and Sex, New Mexico, 2013



Source: NMDOH Health Systems Epidemiology Program



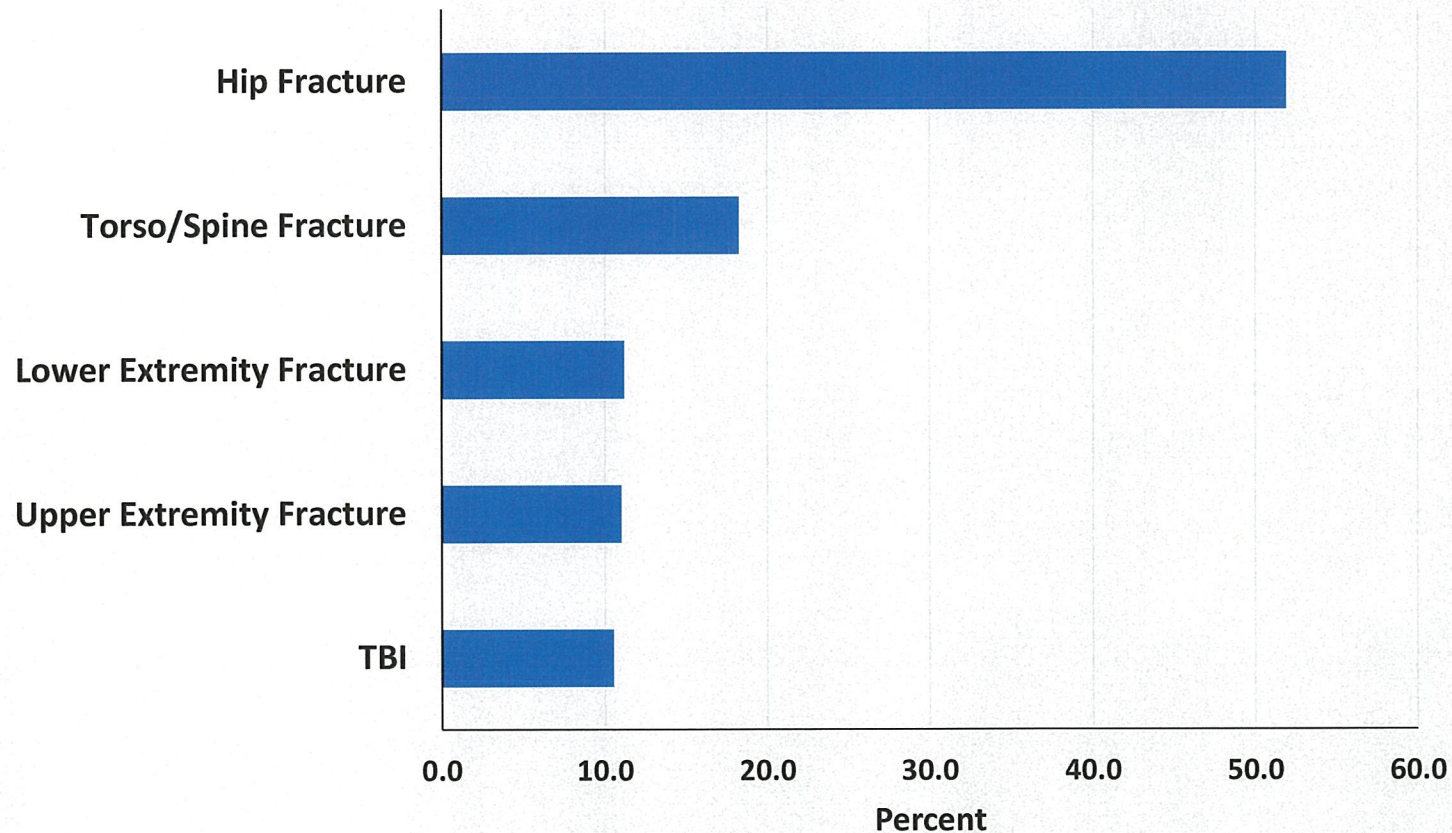
## Leading Injuries Sustained in Falls that Resulted in Death among Older Adults, New Mexico, 2011-2013



Source: NM Bureau of Vital Records and Health Statistics



## Leading Injuries Sustained in Falls that Resulted in a Hospitalization among Older Adults, New Mexico, 2013



Source: NMDOH Health Systems Epidemiology Program

## Fall Related Costs

- For 2010, the total estimated lifetime costs of fall-related deaths for people 65 and older in NM was \$31,656,000
- By 2020, the estimate for annual direct and indirect costs is expected to reach 54.9 billion (2007 dollars)

Source: CDC WISQARS



# Falls Are Not an Inevitable Consequence of Aging

*“To meet the growing demands of the aging population, fall prevention capacity-building is imperative to decrease the incidence of falls, preserve independence, and support healthy aging for all people.”*

**Adult Falls Task Force Report, 2013**

# Thank you!

Access the recently released report:

*Fall-Related Deaths and Injuries Among Older Adults in New Mexico*

New Mexico *Epidemiology*, November 21, 2014 Volume 2014, Number 10

<http://nmhealth.org/publication/view/newsletter/966/>