



## PROGRAM DESCRIPTION

Stepping On is an evidence-based fall prevention program that reduces falls among participants. Falling is not an inevitable result of aging. Through practical lifestyle changes and community partnerships, we can substantially reduce fall risks, keeping older adults living independently with a good quality of life. Stepping On addresses known risk factors and promotes behavior change. Professional guest experts include a pharmacist, optometrist, physical therapist, and community safety officer.

### Eligible Participants:

- Are age 60 years or over
- Are at risk for falling, have fallen in the past year, or are fearful of falling
- Are living in a home or apartment
- Are not suffering from dementia

## PROGRAM BENEFITS

- 31% reduction in falls among participants<sup>4</sup>
- Decreased fear of falling
- Increased performance of safe behaviors

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet once a week for two hours. One session is 7 weeks long. Classes include interactive discussion and storytelling to promote adult learning. Education topics include: falls and risks, strength and balance exercises, medication review, home hazards, safe footwear, vision and falls, community mobility, and safety in public places.

## RESOURCES

Visit [www.health.utah.gov/vipp/older-adults/falls](http://www.health.utah.gov/vipp/older-adults/falls) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- Falls pose a major threat to the health and independence of aging adults.
- Falls are the leading cause of fatal and nonfatal injury for older adults<sup>1</sup>.
- The combined direct costs of fall-related hospitalizations and emergency department visits in Utah are \$123 million annually<sup>2</sup>.
- Evidence-based programs, such as Stepping On, can prevent falls by addressing risk factors, such as muscle weakness, balance deficits, vision impairment, and home safety<sup>3,4</sup>.

## SOURCES

1. Utah Death Certificate Database. Utah Department of Health: 2010-2012
2. Utah Inpatient Hospital Discharge Data & Utah Emergency Department Encounter Database. Utah Department of Health; 2009-2011
3. Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons. *Journal of the American Geriatrics Society* 2011;59:148-157
4. Clemson L, et.al. *Journal of the American Geriatrics Society* 2004;52:1487-1494

## INFORMATION

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