

# Utah Department of Health and Human Services Evidence-Based Falls Prevention Program Grantee



## Goals

The overall purposes of this 3-year grant are to:

- Goal 1: Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- Goal 2: Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

## Strategies and Activities

The Utah Department of Health and Human Services (UDHHS) and its partners will:

- Advance statewide capacity and expand Tai Chi for Arthritis and Falls Prevention and Stepping On.

- Utilize the Living Well Coalition as an integral component of a sustainable network.
- Promote healthcare provider falls risk screening and referrals to evidence-based falls prevention programs.

## Proposed Interventions

- Tai Chi for Arthritis and Falls Prevention
- Stepping On

## Partnerships

To achieve the goals of the grant, UDHHS will collaborate with the following key partners:

- Central Utah Health Department
- Five County Association of Governments
- Salt Lake County Active Aging Program
- Salt Lake County Health Department
- Tooele County Health Department
- Utah County Health Department
- Weber-Morgan Health Department

Prevention and Public Health Fund 2022, effective May 1, 2022



## Anticipated Results

The UDHHS and its partners propose to achieve the following results:

- Reach 1,580 new participants in proposed programs.
- Offer at least 30% of workshops virtually.
- Achieve a completion rate of 75%.
- Expand workshops to 19 of Utah's 29 counties.
- Engage at least three healthcare systems to use STEADI.
- Develop one proposal based upon return on investment.

- Develop a sustainability plan.
- Ensure that at least three delivery system partners participate in one learning collaborative.

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### For more information:

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