

# Mississippi State Department of Health Evidence-Based Falls Prevention Program Grantee



## Goals

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

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in your community; and
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

The Mississippi State Department of Health (MSDH) and its partners will:

- Increase fall prevention education and awareness among older adults and adults with disabilities in the top 30 counties in MS with high-risk fall rates.
- Engage participants with Traumatic Brain Injury (TBI) related disabilities in evidenced-based interventions in high-risk areas.
- Establish a Fall Prevention Task Force.

- Increase the number of leaders and master trainers in proposed interventions.

## Proposed Interventions

- A Matter of Balance
- Bingocize
- EnhanceFitness

## Partnerships

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

- American Physical Therapy Association – Mississippi Chapter
- Area Agencies on Aging
- Brain Injury Association of Mississippi
- Mississippi Department of Human Services
- Mississippi State Department of Rehabilitation Services
- Mississippi State University - Department of Kinesiology
- YMCA

Prevention and Public Health Fund 2021, effective May 1, 2021



## Anticipated Results

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

- Engage older adults and adults with TBI related disabilities in MOB, Bingocize and EnhanceFitness Programs.
- Achieve an 86% participant completion rate in Bingocize, EnhanceFitness and A Matter of Balance (MOB).
- Enhance referral system with partner network and Fall Prevention Task Force.
- Increase public and stakeholder awareness fall prevention programs and resources.

### Contact:

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### For more information:

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