Aging, Fall Risk, and Prevention Through Exercise

A Fall Prevention Webinar sponsored by the Iowa Fall Prevention Coalition

Thank you for joining us!
The webinar will begin shortly
Who we are:
Iowa Fall Prevention Coalition

The mission of the Iowa Fall Prevention Coalition is collaboration between state, community and healthcare system partners to reduce falls by building awareness and providing education about fall prevention.
Goals of the Coalition

1. Educating medical and community partners on falls data, prevention strategies, and implementation of programs
2. Supporting healthcare systems and community providers in the development of measurable outcomes and evaluation of falls prevention programs
3. Developing coalition plan
Evidence Based Programs in Iowa

- Matter of Balance
- Better Choices/Better Health
- Tai Chi for Arthritis
- Enhanced Fitness
- Potential ones: Otago/Stepping On
Additional Resources

Iowa Webpage:  
http://www.idph.state.ia.us/FallPrevention/

Iowa Department on Aging:  
https://www.iowaaging.gov/

NCOA Webpage:  
http://www.ncoa.org/improve-health/center-for-healthy-aging/

Centers for Disease Control:  
http://www.cdc.gov/niosh/topics/falls/
To Participate in Iowa Fall Prevention Coalition

Contact Barb McClintock
mcclintockbk@gmail.com
515-255-2108 or visit

Iowa Department of Public Health
http://www.idph.state.ia.us/FallPrevention/