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Preventing Falls Among Older Adults: What's New and Emerging at UW? *Resource and Publication List*

Research and Programs from Today's Briefing

Stepping On, from the Wisconsin Institute for Healthy Aging

wihealthyaging.org/stepping-on

Pisando Fuerte, a Spanish language adaptation of Stepping On

wihealthyaging.org/falls-prevention-projects

Community Pharmacist-provided Medication Therapy Management Interventions

pharmacy.wisc.edu/impacting-health-care-focus-on-older-adults/

www.ncbi.nlm.nih.gov/pmc/articles/PMC4190035/

[www.iapha.org/article/S1544-3191\(15\)00002-3/abstract](http://www.iapha.org/article/S1544-3191(15)00002-3/abstract)

MOVIN: Mobilizing Older Adult Patients via a Nurse-driven Intervention at Madison's UW Hospital

news.wisc.edu/nurses-keep-hospital-patients-moving-with-help-from-uw-researchers/

www.ncbi.nlm.nih.gov/pubmed/27844473

Additional UW Resources and Studies

Institute on Aging (IOA)

aging.wisc.edu/index.php

Center for Demography of Health and Aging

www.ssc.wisc.edu/cdha/

UW School of Medicine and Public Health – Division of Geriatrics and Gerontology

www.medicine.wisc.edu/geriatrics/geriatgeronmain

Community Academic Aging Research Network

wihealthyaging.org/about-caarn

What Works for Health. WWFH assigns an evidence rating to over 400 health policies or interventions, including best practices related to falls prevention interventions in older adults and older adult-oriented activity programs.

Risk Assessments and Personalized Approaches to Fall Prevention Among Older Adults

www.countyhealthrankings.org/policies/risk-assessments-personalized-approaches-fall-prevention-among-older-adults

Multi-Component Fall-Prevention interventions for older adults

www.countyhealthrankings.org/policies/multi-component-fall-prevention-interventions-older-adults

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Activity Programs for Older Adults

www.countyhealthrankings.org/policies/activity-programs-older-adults

Other Selected Wisconsin-Based Studies, Projects, and Articles

Development of a falls reduction yoga program for older adults—A pilot study (April, 2017)

<https://doi.org/10.1016/j.ctim.2017.01.007>

Groups Visits for Falls Prevention (April, 2015)

www.fammed.wisc.edu/melissa-stiles-md-leads-falls-prevention-group-visits-for-seniors/

Tai Chi as a Strategy to Help Seniors with Balance (June, 2017)

www.med.wisc.edu/news-events/plan-tests-using-tai-chi-to-help-seniors-with-balance/51063

Alcohol Use and Falls Among Older Adults (September, 2017)

http://host.madison.com/ct/news/local/health-med-fit/losing-their-footing-more-wisconsin-seniors-are-drinking-falling-and/article_35c6584e-8c2e-11e7-9f44-9f4244b5c44a.html

Other Resources

Wisconsin Department of Health Services (DHS). The DHS Division of Public Health provides information about injuries associated with unintentional falls, best practices in prevention, information on evidence-based falls prevention workshops and resources, and data on fall injuries at the state and national level.

www.dhs.wisconsin.gov/injury-prevention/falls/index.htm

Centers for Disease Control and Prevention (CDC). Provides data on the prevalence of falls among older adults and the resulting injuries, information on the costs of falls among older adults in the US, and information on falls intervention programs.

www.cdc.gov/homeandrecreationalafety/falls/index.html

National Council on Aging (NCOA). A national nonprofit that includes a National Falls Prevention Resource Center that provides a national clearinghouse of tools and best practices to prevent falls.

www.ncoa.org/healthy-aging/falls-prevention/

Safe Communities of Madison-Dane County. A Dane County coalition that brings together public and private sector partners to make the local Dane County Community a safer place, including making resources available such as a falls risk assessment and information on falls classes.

safercommunity.net/falls-prevention/