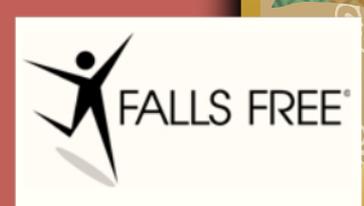


Aging, Fall Risk, and Prevention Through Exercise

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/>

