

# Stepping On for falls prevention

Meets the U.S. HHS Administration on Aging criteria for high-level evidence-based programs



PROGRAM	HEALTH FOCUS   INCIDENCE & COST   REACH IN WISCONSIN	PROVEN OUTCOMES & SAVINGS
<p><b>Stepping On</b> is a 7-week (once-a-week) evidence-based intervention proven to decrease the incidence of falls.</p> <p>The program is delivered by trained leaders and is also available in Spanish as <b>Pisando Fuerte</b>.</p> <p><b>Developed by:</b> Lindy Clemson, OT, PhD, University of Sydney, Australia. Adapted for U.S. audiences by Jane E. Mahoney, MD, University of Wisconsin-Madison</p>	<p><b>Focus: Falls Prevention</b></p> <p><b>Incidence and Cost:</b></p> <ul style="list-style-type: none"> <li>◆ Nationally, falls were the leading cause of non-fatal injuries for those 65 and older and corresponded to 800,000 hospitalizations and 2.8 million emergency department (ED) visits in 2014. That’s a hospitalization every 40 seconds and an ED visit every 11 seconds. <i>(Centers for Disease Control and Prevention - CDC)</i></li> <li>◆ Wisconsin ranks 2nd in fall-related deaths in the U.S. — more than twice the national rate. <i>(CDC-WISQARS)</i></li> <li>◆ Approximately 40% of people admitted to a nursing home had a fall in the 30 days prior to admission. <i>(Wisconsin DHS)</i></li> <li>◆ Hospitalization and emergency department visits due to falls cost \$800 million each year. Over 70% of these costs are paid by government insurance programs such as Medicare and Medicaid (12%). <i>(Wisconsin DHS)</i></li> </ul> <p><b>Reach in Wisconsin through 7/2018</b> <i>(instituted in 2008)</i></p> <ul style="list-style-type: none"> <li>◆ 15,782 participants in workshops</li> <li>◆ 1,538 workshops held statewide</li> <li>◆ 69 counties and 5 tribes have held workshops</li> </ul>	<p><b>People who participated in the 7-week intervention demonstrated:</b></p> <p><b>IN AUSTRALIA</b> as demonstrated by randomized control trial (RCT)</p> <ul style="list-style-type: none"> <li>◆ <b>31% reduction in falls</b> <sup>1</sup></li> </ul> <p><b>IN WISCONSIN</b> as demonstrated by a study of falls data post RCT</p> <ul style="list-style-type: none"> <li>◆ <b>50% reduction in falls</b> <sup>2</sup></li> <li>◆ <b>70% reduction in ED visits due to a fall</b> <sup>2</sup></li> </ul>

## Sources

- <sup>1</sup> **Clemson, Lindy, et al., “The Effectiveness of a Community-Based Program for Reducing the Incidence of Falls in the Elderly: A Randomized Trial,”** Journal of American Geriatrics Society, 52:1487-1494, 2004

**Summary:** Researchers from the Schools of Occupation and Leisure Services, Behavioral Sciences, Health Sciences, School of Public Health and Health Sciences from the University of Sydney, and one hospital and Area Health Service in Sydney, Australia studied the effectiveness of Stepping On, the multifaceted community-based program using cognitive-behavioral learning in small-group learning environment in reducing falls in at-risk people living at home. Study design was a randomized trial with 310 community-dwelling, independent, cognitively intact subjects age 70 and older who had fallen in previous 12 months or had a fear of falling. Subjects were followed for 14 months. Researchers stratified subjects into blocks of four, according to gender and number of falls in the previous 12 months. With a primary outcome measure of number of falls, the study concluded that individuals who completed Stepping On experienced a 31% reduction in falls.

**View abstract:** [www.ncbi.nlm.nih.gov/pubmed/15341550](http://www.ncbi.nlm.nih.gov/pubmed/15341550)

- <sup>2</sup> **Mahoney J, Abramson B, Wise M, Ford J, Dattalo M., “Bringing Healthy Aging to Scale: A Randomized Trial of a Quality Improvement Intervention to Increase Adoption of Evidence-Based Health Promotion Programs by Community Partners,”** Journal of Public Health Management and Practice. 23(5):e17–e24, September 2017

**View abstract:** <https://insights.ovid.com/crossref?an=00124784-201709000-00022>