



North Carolina Falls Prevention Coalition
Wednesday, December 6, 2017
North Carolina Division of Public Health, Reaves Conference Room
5505 Six Forks Rd, Raleigh, NC 27609

Attendees:

In person:

Ingrid Bou-Saada- NC Division of Public Health
Audrey Edmisten- NC Division of Aging and Adult Services
Nicolle Miller- UNC-Asheville, NC Center for Health and Wellness
Sharon Rhyne- NC Division of Public Health
Tricia Smar- Duke Trauma Center
Kelly Swimm- Mobile Rehab
Ashley Price- Triangle J Area Agency on Aging
Lindsey Bailey- UNC Trauma
Vicki Tilley- UNC-CH
Christine Clark- UNC-CH
Michael Urton- Wake Med Rehab
Emmanuelle Quenum- Greene County Dept. of Public Health
Deborah Constantine- Campbell University
Debra Kosco- ECU GWEP
Catherine Brake- Mid-Carolina Area Agency on Aging

By Phone:

Toni Chapman- Wake AHEC
Mary Hall- Vidant Health Falls Coalition, Eastern NC
Jan Parker- NC Office of State Fire Marshall
Ellen Schneider- UNC-CH
Kathie Smith- Home and Hospice
Diane Saccone- YMCA of Western NC
Janice William- Carolinas Center for Injury Prevention
Martha Zimmerman- McDowell County Balance and Falls Prevention Project
Sean Griffen- Wake Forest Baptist Hospital
Lori Schrod- Western Carolina University
Louie Mobley - AARP

Meeting Agenda

Time	Topic	Leader(s)
1:00-1:20	Welcome, Introductions, designation of secretary for meeting	Sharon Rhyne, NC DHHS

1:20-1:45	Falls Prevention Awareness Week Survey and Feedback.	Nicolle Miller, UNC-A; Ingrid Bou-Saada, NC DHHS, all
1:45-2:00	NC Healthy Aging Summit Update:	Nicolle Miller, UNC-A; Ingrid Bou-Saada, NC DHHS
2:00- 2:15	DPH Update to Falls Prevention Website	Ingrid Bou-Saada, NC DHHS
2:15-2:30	NCCHW Falls Grant Update Demonstration of Healthy NC Website:	Nicolle Miller, UNC-A;
2:30 -2:50	Planning for 2018-	Vicki Tilley, UNC Aging and Health; All
3:00-4:00	Discussion regarding organizing an RTP Falls Coalition	Nicolle Miller, UNC-A; All interested

Falls Prevention Awareness Week Survey and Feedback- Ingrid Bou-Saada, NC Department of Health and Human Services and Nicolle Miller, UNC-A Center for Health and Wellness

Ingrid reported that she took the survey template from last year and modified for 2017. The link for the survey is <https://www.surveymonkey.com/r/BP3TTMV>. **Due back by Dec. 12, 2017.** Ingrid will compile for state of NC. **Ellen stated that the survey results are compiled into compendium by NCOA. Information is summarized and used for advocacy with congress, so it is important to provide the information.**

Reviewed Fall Prevention Activities of those attending meeting: All

Mary Hall- Eastern NC Falls Coalition had displays at Fitness Center
Ellen Schneider presented at NC Pharmacy Association about falls prevention
Dianne Saccone- Western YMCA performed balance screenings
Mike Urton- WakeMed had an educational fair in a hospital courtyard.
Deborah Kosco- Supported community fall prevention screenings
Martha Zimmerman- Facilitated the formation of a Falls Prevention Special Interest Group at the North Carolina Physical Therapy Association Fall Chapter meeting with ratification of bylaws. Currently, there are plans to develop a larger initiative for member to participate in Fall prevention activities in 2018. Martha stated that she also provided education for local PTs and OTs in September
Kelly Swimm- Mobile Rehab participated in Falls awareness fair in Pittsboro
Vicki Tilley- ElderFit In Home Rehab partnered with UNC Physical Therapy and held Fall prevention screenings at senior centers in Orange county (Seymour Center and Passmore Center) and held a screening at Durham Center for Senior Life. Did Falls prevention presentations as part of Senior Striders program in Orange county.

Everyone encouraged to complete the survey for NCOA.

NC Healthy Aging Summit Update: Ingrid Bou-Saada, NC Department of Health and Human Services and Nicolle Miller, UNC-A Center for Health and Wellness

Nicolle reported that the Summit was held on Wednesday, August 23 at the Friday Center in Chapel Hill. Feedback about the summit has been mostly positive.

4 Different tracks:

- Behavioral Health
- Falls Prevention
- Chronic Disease Self- Management
- Bridging the Clinical-Community Gap

Toni Chapman reported that 214 registered and 194 attended. Feedback about summit included comments from a mix of people that wanted more theoretical vs. more clinical. Comments may have depended on professional background and positions. Discussion that there is a wide variety of professionals attending this meeting, so may be wanting information in different ways. Agreement that there are challenges when trying to meet needs of large mix of people. Some feedback included people wanting more information about Healthy Aging NC. Also, the recommendation to possibly expand more panel type presentations, and giving adequate time for the clinical-community panel.

2018 Summit may be further west due to funding source, likely Asheville but Winston Salem also being considered. Discussion of how to continue to communicate with attendees. Potential for sending out email to see if they want HA NC newsletter and/or link about joining NC Falls Coalition list serv.

DPH Update to Falls Prevention Website- Ingrid Bou-Saada, NC DHHS

Ingrid started the conversation letting us know that she now has the capacity to dedicate time to updating the NC Falls Coalition website as part of her job description!

Currently, the NC Falls Coalition is used for repository for resources and information about regional coalitions. Some information is very out of date. Ingrid asked for suggestions to make the site more robust, useful, and attractive for users:

Ideas:

- Potentially begin to tie to social media.
- Possible Facebook link
- Looking at other Falls Coalition websites - Ellen to follow up with information from other states.
- Developing Partnership links
- Current NC Aging maps - NC DAAS has these on their website in the data reports section.
- Falls Data in easy to read and comparative formats
- NCOA Website links to NC Falls Coalition website.
- Developing categories under the Resource heading
- PowerPoint presentations presented at Falls Coalition meetings
- Link to Healthy Aging NC
- Link to Evidence Based practice resources at HANC
- Falls Coalition meeting agendas and minutes
- FAQs

- Portal for consumers
 - Creation of Falls Coalitions hashtags to be used during events to link Social Media to website
 - Blog posts
- Ingrid is starting to work on website update. She will plan to send out a link prior to next meeting on draft website to start getting feedback.

NCCHW Falls Grant Update/Demonstration of Healthy NC Website: Nicolle Miller, UNC-A NC Center for Health and Wellness

- Nicolle presented a PowerPoint presentation to review the history of grants for Falls prevention initiatives in NC and the recent grant awarded to the UNC Asheville NC Center for Health and Wellness in partnership with Mission Health ACO.
- Sharon pointed out that the NC Falls Coalition has been working on increasing awareness and advocacy of Falls Prevention programs in an organized way since 2008 with low resources. She attributes this to the strength of partnerships and participants.

Nicolle reviewed the Healthy Aging NC website: Purpose of website- “Create a well-informed community where people can access high quality evidence-based healthy aging programs where they live, work, play, pray”. Please access website at www.healthyagingnc.com for details.

Nicolle emphasized that providers of evidenced based programs should enter their program schedules on the Healthy Aging NC website to let them know that the program is being offered and where to maximize the resource for consumers. Data for programs like A Matter of Balance and Tai Chi should be sent to Healthy Aging NC. The website houses the most up-to-date data forms.

Nicolle’s PowerPoint presentation is also attached to this email.

Planning for 2018- Vicki Tilley – UNC-CH, All

- Review of strategic plan- The group acknowledged that the current strategic plan is out of date and that all goal had been met. Decided that it would be a good time to organize a steering committee to meet and begin to develop a new strategic plan.
- Steering committee members:
 - Vicki Tilley- UNC-CH Center for Aging and Health
 - Nicolle Miller- UNC-A NC Center for Health and Wellness
 - Audrey Edmisten- NC Division of Aging and Adult Services
 - Sharon Rhyne- NC Division of Public Health
 - Ingrid Bou-Saada- NC Division of Public Health
 - Ellen Schneider- UNC-CH Center for Aging and Health
- The group discussed possible initiatives/goals to establish for new strategic plan. Ideas included:
 - Problem solve how to reach out to Primary care providers re: Fall prevention risk factors and interventions.
 - Ways to strengthen community/clinic partnerships.
 - Community health worker engagement
 - Falls prevention as part of Medicaid reform in NC.

Vicki Tilley to initiate a Doodle poll to organize a meeting date for Steering Committee in January. Steering committee to report to group at first Falls Coalition meeting in 2018
Vicki Tilley to initiate planning of Falls Coalition meetings in 2018.

Shout outs! -

Martha Zimmerman for spearheading development of NCPTA Falls Prevention Special Interest Group

Vicki Mercer- Continuation of CHAMP program

Meeting transitioned to Triangle Falls Coalition planning meeting.

Many thanks to the North Carolina Division of Public Health for providing space for this meeting

Founding Organizations:

