



North Carolina Falls Prevention Coalition MINUTES
Wednesday, August 28, 2019

[North Carolina Institute of Medicine](#), 630 Davis Drive, Suite 100, Morrisville, NC 27560

TIME	TOPIC	LEADER(S)
1:00-1:15	Welcome, Introductions	Sharon Rhyne, NCDHHS- Division of Public Health
1:15-1:30	Presentation and Review Conflict of Interest Statement	Sharon Rhyne, NCDHHS- Division of Public Health
1:30-2:00	Falls Prevention Awareness Week Activities	Ellen Bailey, NCCHW- Healthy Aging NC
2:00-2:10	Break	
2:10-2:30	Regional Falls Prevention Coalition & Member Updates	Regional Coalitions and Members
2:30-2:50	NC Falls Prevention Coalition Strategic Plan Update	Ellen Bailey, NCCHW and Ingrid Bou-Saada, NCDHHS- Division of Public Health
2:50-3:20	NC Institute of Medicine Presentation - Overview of Task Force Process	Brieanne Lyda-McDonald, NCIOM
3:20- 3:30	Meeting Dates/Closing Comments	Sharon Rhyne, NCDHHS- Division of Public Health

Need to join virtually? Here's the Go-To Meeting Information:

Please join my meeting from your computer, tablet or smartphone.

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FINAL 2019 MEETING DATE: November 20.

Many thanks to the NC Institute of Medicine for providing this space!



NC DEPARTMENT OF
**HEALTH AND
 HUMAN SERVICES**
 Division of Aging and
 Adult Services



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
 Division of Public Health



**North Carolina Falls Prevention Coalition Meeting Minutes
Wednesday, August 28, 2019**

Welcome/Attendees : Sharon Rhyne NCDHHS- Division of Public Health

In Person:

Ingrid Bou Saada	NCDHHS- Division of Public Health - IVPB
Ellen Bailey	NC Center for Health and Wellness at UNC Asheville
Rebecca Freeman	NCDHHS - Division of Aging and Adult Services
Audrey Edmisten	NCDHHS - Division of Aging and Adult Services
Lindsay Bailey	UNC Trauma, Triangle Fall Prevention Coalition
Tricia Smar	Duke Trauma, Triangle Fall Prevention Coalition
Megan Collins	Winston-Salem State University
Vicki Tilley	UNC Geriatric Workforce Enhancement Program (GWEP), ElderFit
Alison Gunn	NCDHHS- Division of Public Health – IVPB
Brienne Lyda-McDonald	NC Institute of Medicine
Sheree Vodika	NC Alliance of YMCAs
Kristin Ferriter	Carolina Meadows
Tricia Oakley	Earth Monkey Energies

Via Go-to Meeting:

Nicolle Miller	NC Center for Health and Wellness at UNC Asheville
Crystal Cheek	NC Division of Services for the Blind
Mary Hall	Vidant Health, Eastern NC Fall Prevention Coalition
Glen Newman	Vidant Health, Eastern NC Fall Prevention Coalition
Lori Schrodtt	Western Carolina University
Ellen Schneider	UNC GWEP, National Council on Aging
Martha Zimmerman	McDowell County Balance
Stacey Washington	Brain Injury Association of NC
Natalie Tunney	Centralina Area Agency on Aging (AAA)
Julia Burrowes	Centralina AAA
Vicki Mercer	UNC, CHAMP
Rosalyn Wasserman	Mountain Area Health and Education Center (MAHEC)

Follow this link for presentation slides from today's meeting:

<http://ncfallsprevention.org/quarterly-minutes-presentations/>

I. Review conflict of interest statement, Sharon Rhyne, NCDHHS- Division of Public Health

Sharon shared background. Historically, the coalition has been approached by some with vendor information asking to post on website. We occasionally receive requests to post/share/advertise products on the state coalition website. Ellen Bailey asked the Steering Committee how we wanted to handle the responses to these requests. Ellen Schneider shared a statement used by another state coalition as a possible model. We would like the coalition's input on this statement and would like to be consistent in our responses. Post on website/minutes as a reminder instead of having people sign individually?

Draft language: *NC Falls Prevention Coalition (FPC) members will not use membership in the FPC, participation in FPC activities or presentations, or the FPC logo, materials, or products for personal financial gain.*

Sheree - Did something similar with ESMMore; Board member policies.

Kristin – has seen even broader to include family members.

Understood that an individual would recuse self and identify if do have a conflict of interest.

Some discussion of internal vs. external policy/ website.

Find similar language - Not endorse/private services/products.

Incorporate vendor part + members to recuse if COI as indicated by ...

Agreement to post on website and documents as a reminder, no need to have each member sign something. Too cumbersome administratively.

Ellen B. and Sharon will work on language and bring back to coalition.

II. Falls Prevention Awareness Week Activities, Ellen Bailey, NCCHW-Healthy Aging NC

National Activities

- **Annual Falls Prevention Awareness Day (FPAD) Webinar:** Watch the webinar and view the presentation slides: <https://www.ncoa.org/resources/webinar-2019-falls-prevention-awareness-day-webinar/>. Learn about ideas, new tools and resources, and innovative partnerships to maximize your impact on FPAD.
- ****CDC state maps available early September, see webinar pdf pp. 18-28.**
- **Falls Prevention Awareness Day Resources** – Resources include media kits, videos, infographics, etc. <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>
- **Twitter Chat:** September 24 @ 1-2 p.m. ET. Join NCOA and national partners as we discuss strategies to prevent falls. Use the #FPAD2019 hashtag and [follow us on Twitter](#) to join the conversation and contribute resources and tips from your organization.
- **Facebook Video Broadcast:** September 23 @ 12 p.m. ET. Join NCOA, older adults, and health care specialists in falls prevention for a live broadcast on [Facebook](#) as we discuss the impact of falls and how to prevent them. Listen to testimonials from older adults and tips from health care specialists. Host a video watch party and join the live online conversation!
- **Photo Contest:** Details and rules for photo submissions can be found at <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/2018-falls-free-photo-contest/> Photos and signed NCOA consent forms due by October 31, 2019 at 11:59 p.m. ET.

North Carolina Activities:

- Governor's Proclamation – requested in June, should be here within a week of FPAW, will share widely via the listserv and coalition website.
- Request that NC members submit FPAW events on <http://healthyagingnc.com/add-your-event/> to be posted on the Healthyagingnc.com website. Anyone is welcome to

cross link to HANC for event information. <http://healthyagingnc.com/falls-prevention-awareness-week-activities/>

- The Triangle Education group's powerpoint template is on the NC Falls Prevention website: <http://ncfallsprevention.org/resources/awareness-week/>
- NCOA 2018 FPAD Impact Reports: https://d2mkcg26uvglcz.cloudfront.net/wp-content/uploads/Final_2018-FPAD-Impact-Report-1.pdf. North Carolina report on page 59-60. NCCHW will send out a survey to generate the impact of events in North Carolina around October or November. **Be sure to capture # of people reached, key lessons learned, successes, partners, evidence-based programs offered, types of screening offered, advocacy efforts, and student involvement.** This will make completing the survey easier if agencies know now what to track. Collecting this information on FPAD efforts across NC is vital as this impact report
- Support for Senate Resolution

Encourage resolution support (From NCOA) – follow-up from the Special Senate Committee on Aging – Falls Prevention – NCOA is leading the next steps. Please keep this this on your radar as there may be a request for NC individual constituents and coalitions to contact NC Senator Burr specifically to ask him to support the Senate Resolution. For more information on advocacy efforts, see NCOA webinar PDF link above pp. 14-17.

Senators Collins and Casey also want to use the annual FPAD resolution to educate their Committee colleagues and mobilize their support for falls prevention (and ultimately the recommendations in the annual report). This year, they would like to get each Senator on the Committee to co-sponsor the resolution (adding their name in support of the resolution) – once we have the details on the best timing to contact Senator Burr, we will share. The resolution doesn't create any new programs or funding, so it doesn't constitute lobbying; therefore, it should be a request that most of you can make of your Senators.

Ellen Bailey thanked Rebecca for asking AAAs and Senior Centers to send stories to Healthy Aging NC. These stories were shared with NCOA to help serve the purpose of educating our Senators about falls and falls prevention in our state, which will facilitate requesting their support for the FPAD and the resolution.

III. Falls Prevention Awareness Week Announcements:

Martha Zimmerman – McDowell Senior Center – Details: <http://healthyagingnc.com/falls-prevention-awareness-week-activities/>

- One day workshop “Anxiety, Depression, Cancer and Polypharmacy : Moving Beyond Denial to Consider Options for Reducing Falls Risk in Older Patients.” Third year. Last year over 90 people. MAHEC helping, CEUs available.
- NC Physical Therapy Association (NCPTA) – challenged the PT schools to develop a FPA activity w/recognition.
- 9/10 NCPTA webinar with oncologist on falls prevention

Mary Hall – Vidant Health, Eastern Falls Coalition

- Doing things throughout the month: Details: <http://healthyagingnc.com/falls-prevention-awareness-week-activities/>

- FP Bingo game to assisted living and senior centers. Plus balance screenings
- Displays for Senior Day at County Fair and at several locations
- Partner with Vidant Wellness Center for presentations and screenings.

Ellen Schneider – UNC/NCOA

- NC success stories and letter have been very helpful to NCOA.

Rebecca Freeman – DAAS

- Sent info on Senior Center Listserv. Senior month, Active Aging Month, and FP month. 170 senior centers reached.

Lindsay Bailey – UNC Trauma, Triangle Fall Prevention Coalition

- Partnering with Orange Co. Dept on Aging – Senior Fair with CarFit event and FP screening with OT/PT and EMS there 9/25 1-5 PM. Staying Safe on the Move. Featured in latest AAA magazine

Tricia Smar – Duke Trauma, Triangle Fall Prevention Coalition

- Partnering with Durham Center for Senior Life – Ready Steady Balance FP Expo. Modeled after Mary Hall or Martha Zimmerman past events. Screenings and resources. Passport system to ensure they go through a lot of stations, raffles with prizes. Tai Chi and belly dancing. 9/25 9 – 12.

Vicki Tilley – Elder Fit

- ElderFit working with the Durham event (PTs).
- 3+ presentations in CH and Hillsborough and Durham Women’s Group to talk about FP. Also partnering with others to do screenings and presentations.

Megan – WSSU

- PT colleagues, students, and her doing screenings. Megan is an AMOB and CarFit instructor.

Audrey – Question: Are all the screenings standardized across the state or each choosing what to do?

Vicki Tilley – no standard tools even from NCPTA, encourages PTs to use STEADI, Vicki uses STEADI, but people can choose. Martha – CHAMP uses STEADI. Mary uses TUG. Vicki Mercer – TUG, Timed Chair Stands, 4 stage balance tests – good place to start.

Lori Schrodtt and Ellen Bailey/HANC – Pilot project of an online training video for TUG. Western NC AAA are doing the pilot test to see if the online training video is effective in training with fidelity. It is on HANC website, but not sharing widely until pilot has been evaluated. Training includes checklist, handout, and video instructions. Participants video themselves administering the TUG and Lori is reviewing for fidelity. Intention to build on Aging Services folks to be able to do good TUG tests. Focus is on performance measure, pre/post assessment for A Matter of Balance

and Tai Chi for Arthritis and Fall Prevention. Not designed as a TUG screening per se, but in future could develop something that can be used for both purposes.

IV. Regional Representatives and Coalition Member Updates

- Triangle – (Tricia Smar) Quarterly meeting moved forward to prep for FPAW, good turnout for summer ~20 participants; In December the coalition will discuss if they want to break out into more localized coalitions or sub-coalitions because it is so large. Are smaller geographic areas beneficial? Do we want to have more county level/RAC/sub-coalitions, 2020 will evaluate direction in terms of geography.
- Centralina – (Natalie Tunney) 3 expos planned 9/11 (~200 people) in S Charlotte, then 10/16 Huntersville (100-200 people), then next Spring West Charlotte, first one there with YMCA. Coalition will do a lot of 1-on-1 presentations in faith and senior center communities.
- Piedmont Area - Megan Edwards Collins - new grant at Winston Salem State University, received a 3-year of ACL grant to look at the effectiveness of AMOB, Otago, and MBB in reducing falls. Collecting pre- and post data, includes falls screening along the way. She will reach out to local and regional coalitions to learn what works well so they can start a coalition in their area (Forsyth, Davie, Stokes, and other counties surrounding Forsyth). Connected with Laura Plunkett at Piedmont Triad Regional Council.
- Western NC (Martha Zimmerman) – met last week. Establishing vision, mission, policies and procedures. Asked other coalitions to share theirs. Will launch into strategic planning in near future. In 2020 CHAMP will move to Buncombe Co., MAHEC Geriatric Summit in November, also planning Spring 2020 Spring into Fall Summit with MAHEC.
- Southwestern (Jeannie Matthews) – has been in contact with all Senior Centers and given them the info to set up a program for Fall Prevention Awareness Day in September.
- Eastern NC (Mary Hall) –focused on FPAW planning right now.
- Carolina Meadows (Kristin Ferriter) — Highlight Falls all year round, Tiffany Shubert 9/18 presentation, partnered with wellness fair – “get the message across in a fun way” – the cost of falling, Created video last year and hope to do a couple more this year. 3 photos to submit NCOA: 2019 Theme – Environment and Home, most falls are in independent living, nurses are documenting, etc. Focus is on Independent Living part of community.

V. NC Falls Prevention Coalition Strategic Plan Update, Ellen Bailey, NCCHW and Ingrid Bou-Saada, NCDHHS- Division of Public Health

Ingrid & Ellen shared an overview of the strategic plan process to date.

Slides include a description of the action plan process, work group members and proposed timeline.

Updates from work groups:

- **Collaboration/Coalition Building** (Nicolle Miller)
The work group met Monday Aug 19 set some foundation for the action planning process. We reviewed our own professional and personal expertise, experience, connections and motivations; identified some agency leads we would like to get in our workgroup such as home modification experts, caregiver support experts, and representatives from NC Health Care facilities, Skilled Nursing, Adult Care Homes, and AARP. After reviewing the strategic planning retreat notes, we very briefly began the process of identifying the top strategies to address for our group. It is now a homework assignment that team members draft some strategies (and possible goals) that seem important to pursue in our group so we can review together at our next meeting. Looking at mid-late September dates for second meeting. The group met at the Foundation for Health Leadership and Innovation office right off I-40 in Cary and we have a Go-To-Meeting option for members that are not in the Triangle.
- **Public Awareness, Education and Advocacy** (Rebecca Freeman)
Met on Monday. Good group discussion. Used the inventory and Angel will compile. Reviewed the retreat and history. Angel led the RBA template discussion (Turn the page) part. Tried to figure out what each strategy meant for their group. Got through 4 of them, but need clarification for shared and protective risk factors. Question – how are we defining injury in headline measure? Want feedback. Will meet again 1st week of October.
- **Prevention Across Continuum of Care – Lindsay Bailey/Vicki Tilley**, 1st mtg last was scheduled for last Monday, but need to reschedule to meet by 9/14.

Ingrid and Ellen will put these two language clarification items on the agenda for the Action Plan Steering Committee meeting 9/16.

How are we defining injury in the headline measure?
Clarification for shared and protective risk factors.

At November NCFPC meeting, may have work groups get input. Next steps, Steering Committee meets 9/16.

Questions (Glen Newman/Vidant Health) : What type of database/data source will we use?

Sharon: Epidemiologists want to work on updating falls data, but have had urgent requests come in such as recent vaping injuries. In next few weeks DPH will meet to review appropriate resources for FP data update. Need to clarify ICD9 ICD10 – TBI how to compare apples/apples, w/injuries. IVPB hopes to update statewide data in spring.

V. NCIOM – Overview of Task Force Process - Brienne Lyda-McDonald

Sharon thanked the NCIOM for hosting and provided a recap from last meeting – strategic plan is important to move ahead with partners. At the same time, the steering committee decided to discuss if there is an opportunity to raise the issue of falls on a different level, to a higher level in the NC landscape. Legislators and other stakeholders to raise the falls issue and the fact that the population is aging. Is there something that works well in NC that could help with this issue?

Some steering committee members have had 2 conference calls with Adam Zolotar, Director. NCIOM exists since 1983 chartered by General Assembly to be non-partisan on issues of health concerns. Huge credibility. Build consensus with stakeholders so recommendations are well-received. They pull together stakeholders to make well-informed public policy recommendations over about 12 mos.

Always based in evidence-based research. Adam – Is it an opportune time? Right time? Need to ensure that the timing is opportunistic so the report doesn't just stay on the shelf. Recommendations are realistic and at least 50% of recommendations will be acted upon. What type of task force: falls? Health aging? Aging in Place? What will be included? Decided on Healthy Aging as starting place (not yet definite). NC IOM provides lots of support. Need money! Skin in the game – DPH, DAAS, others. Once have some traction, will pursue other funding supports. Falls was part of the prevention TF in ~2007 (under Leah Devlin).

NCIOM – Overview of Task Force Process - Brienne Lyda-McDonald

- Finishing 4 task forces (top 4 on slide).
- NC Medical Journal typically has an issue that lines up with current TF work.
- Steering Committee about 6-10 people to guide agenda, topics, speakers
- NCIOM staff: a Project Director, a research assistant, Adam Z and Berkeley Yorkery (Associate Director). Brienne's expertise is in aging and would probably be our Project Director. There are TF Co-Chairs who are sort of figure heads, but are powerful to be able to move things forward.

Question: How do you make sure one area doesn't get lost when combined with other areas? How do we not lose FP? Brienne – treat as specific buckets and find experts and stakeholders for each and then dedicate a meeting on each. Steering Committee also helps keep focus on all parts and not losing things. Rebecca is conscientious about not losing FP. Steering Committee can decide on the focus areas and can change away from the 4 parts of the ASTHO framework.

Sharon: when falls was incorporated into the Prevention TF, Health NC 2020 was going on at the time. It made it into the 2020 objectives. Most recent report: baseline year 2008 was 8.1/100,000 mortality rate. Our goal was 5.3. In 2016 it was 10.8. Not much progress, but it might have been even worse if not for the Coalition. Allowed us to get some leverage and into the 2020 plan. It is not currently in the 2030 plan.

Questions: (Martha) How account to for increase of population. It is a rate.

Question: (Tricia) – is it happening? Brienne – The missing piece is funding, but is moving forward well with DAAS and AARP. Duke Endowment is still interested but their timing is not until later this year, so the TF would have to start before that is finalized.

Q – how get involved? What determines being a member or an observer? Typically, those at start of discussion ID Steering Committee, and the SC identify the members of the TF. Try to be representative across the state.

Q – Audrey is it still possible to get it into NC 2030? Sharon – no, it's already well underway, and the focus is different. It's more about social determinants of health. But can still insert it into other places. Audrey – excited about task force, food/nutrition inclusion.

Takes about \$120,000 or so to do this. AARP and Duke Endowment likely. DAAS hopefully, DPH trying to find a way to add some funds.

VI. Meeting Dates/Closing Comments: Sharon Rhyne, NCDHHS- Division of Public Health

FINAL 2019 MEETING DATE: November 20.

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