Data, Data, Everywhere

- **Existing Data**
  - Within network
  - Secondary data sources

- **Published Studies**
  - Report to Congress: The Centers for Medicare & Medicaid Services’ Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act
  - Stanford University Studies
  - CDC Webpages
Existing Data: Within Network

- Using network data to show impact and effectiveness
  - Program evaluation
  - Assessments
- Collect new data through program pilots with network
- Program participation equals value
  - Track if those referred to fall prevention program attend and complete all phases.
  - Also outcome data for interested parties based on best practices
Existing Data: Secondary Data

- Age-Friendly Community Assessment/Planning
- Academic/Funder reports
- State and County Health Department
  - Datasets
  - Data Queries
  - Maps
Maps via State Health Dept

2004-2010, Missouri
Smoothed Age-adjusted Death Rates per 100,000 Population
Fall, Unintentional, All Races, All Ethnicities, Both Sexes, Ages 60 thru 85+ Years
Annualized Age-adjusted Rate for Missouri: 49.36

Reports for All Ages include those of unknown age.
*Rates based on 20 or fewer deaths may be unstable. These rates are suppressed for counties (see legend above); such rates in the title have an asterisk.
The standard population for age-adjustment represents the year 2000, all races, both sexes.
Rates appearing in this map have been geospatially smoothed.

Produced by: the Statistics, Programming & Economics Branch, National Center for Injury Prevention & Control, CDC
Data Sources: NCHS National Vital Statistics System for numbers of deaths; US Census Bureau for population estimates.
Published Studies

- Program developer webpages for peer-reviewed studies
- CDC cites evidence-based programs
- Cost data
  - NCOA cost calculators for implementing EBHP
  - Report to Congress from CMS
  - More peer-reviewed studies
  - (Also helps for pricing services)
Example: Financial Benefit

- For a client at risk for a fall attending A Matter of Balance and Tai Chi, one sees over a $2,000 cost savings in unplanned medical expenses.

- For 1,000 clients per year:
  - A Matter of Balance will result in $627,300 savings
    - 85% completer rate
  - Tai Chi for Fall Prevention will result in $708,400 savings
    - 70% completer rate
  - TOTAL COST SAVINGS $1,335,700
  - 220% ROI
Determining Measures

- What data are network members collecting?
  - Consistent data collection tools and protocols
- What established evaluation methods?
  - EBHP evaluation timing
- Define data that will be collected for all consumers
  - Work with payer to identify what data is meaningful for feedback
  - Define what you can and cannot do
The Missouri Department of Health and Senior Services reports that falls are the leading cause of injury deaths among adults ages 65 and older and Missouri's rate of injury by falling is 31% higher than the national average. As seen on the map, falls are a significant concern for most counties in Missouri, especially the St. Louis region.

Falls are costly to individuals and organizations. Hospitalizations associated with fall injuries cost $37,600 per incident. Medicare pays for 78% of those costs.

Gateway Wellness Network (GWN) provides effective, evidence-based approaches to fall risk reduction through its network of providers. Individuals enrolled in the Fall Risk Reduction Program Package receive a comprehensive in-home assessment, in-home services (as appropriate), A Matter of Balance and an exercise program (descriptions on reverse).

The benefits of this fall reduction program are many:
- Reduced fear of falling and increased physical activity through A Matter of Balance participation
- Reduced pain
- Improved movement, strength and flexibility
- Minimized impact of social factors that affect health such as transportation, meals, etc.; and
- Healthier clients who are kept out of the hospital

Organizations can achieve cost savings:
- Reduced healthcare costs by $938 per Matter of Balance participant per year through reduced hospitalizations, skilled nursing facility, and home care;
- A savings of $1,111 per Tai Chi for Arthritis and Falls Prevention participant per year in unplanned hospitalizations.
- For every 100 patients per year, A Matter of Balance will result in a $79,729 savings and Tai Chi for Arthritis and Falls Prevention will result in a $77,770 saving, for a total cost savings of $157,500.

GWN’s comprehensive in-home assessments evaluate the person and surroundings for fall risk. Registered Nurses or Occupational Therapists conduct a fall STEADI (Stopping Elderly Accidents, Deaths, and Injuries) assessment, home hazard evaluation and medication review. The STEADI assessment evaluates balance, fear of falling, postural dizziness and cognitive abilities. Patients are referred into an individualized intervention based on assessment results.

Tai Chi for Arthritis and Falls Prevention improves balance both mentally and physically, which can significantly reduce the rate of falls in older adults. This program, developed by Dr. Paul Lam and endorsed by the Centers for Disease Control and Prevention as “one of the most effective exercises to prevent falls, improve health, and the quality of life,” incorporates a series of gentle, pain-free movements to improve balance, strength, flexibility, and stamina. Participants receive a total of 50 hours of Tai Chi.

A Matter of Balance, the most widely implemented falls intervention program in the United States, is specifically designed to reduce the fear of falling. Over 8 sessions, participants learn about the importance of exercise in preventing falls, practice exercises to improve strength and build coordination and balance. Participants learn to view falls as controllable, set goals for increasing activity and make changes to reduce fall risk at home.

ExerStart is a moderately paced beginning-level exercise program designed to improve balance, endurance, flexibility and muscle strength. In two, 45-minute weekly sessions participants learn safe, enjoyable and effective exercises, which improve their daily functioning and increase their potential for living independently longer.

About Gateway Wellness Network: GWN provides accessible community-based and cost-effective services that empower older adults to be healthy, active and well. Our provider network is committed to improving health of individuals and communities through innovative partnerships and evidence-based education that meets the need of each unique older adult. Services are specifically designed for older adults who would benefit from better chronic condition management, diabetes management and fall risk reduction.

- Fall Risk Reduction
  - Initial Health Assessment
  - Tai Chi for Arthritis
  - Matter of Balance
  - Medication Review
  - Exercise Program
- Chronic Condition Management
  - Diabetic Education Program
  - Individualized Chronic Disease Self-Management Program
  - Tai Chi for Arthritis
- Diabetes Prevention and Management
  - Diabetic Education
  - Individualized Self-Management Program
  - Tai Chi for Arthritis
- Other
  - Community Based Care Coordinators
  - Home Delivered Meals
  - Incontinence Management
  - Reynolds

*Some programs include interventions at a cost. Some programs include in-person, telephonic, or internet-based group sessions tailored for every adult, improve seniors strength, balance, balance, endurance and mobility.*