

Southeastern Idaho Public Health Fit & Fall Proof® Program

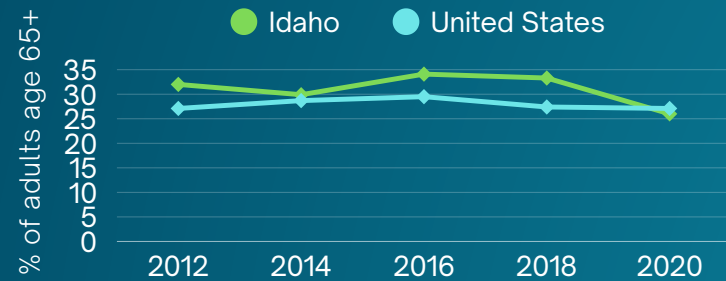
Building Strength and Preventing Falls

Southeastern Idaho Public Health's Fit and Fall Proof Program (FFP) helps older adults stay active, independent, and safe by reducing the risk of falls. Through community-based exercise classes, education, and collaboration with local partners, we promote strength, balance, and overall well-being to support healthy aging.



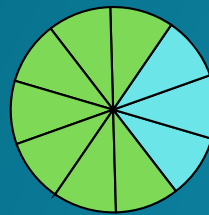
Why does it Matter?

Trends in % of adults age 65+ who reported falling

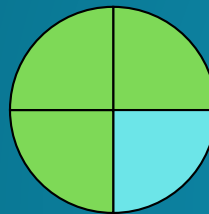


Fit and Fall Proof Results after 10 weeks*** (Idaho)

7 in 10 participants report improvements in their physical functioning, such as performing activities of daily living or walking.



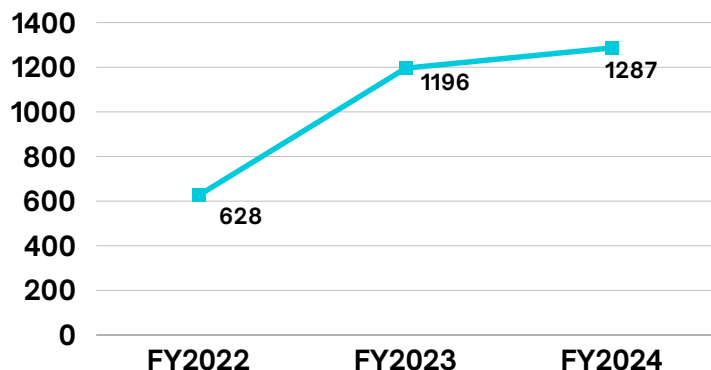
3 in 4 participants report an increase in their energy levels and improved mental health.



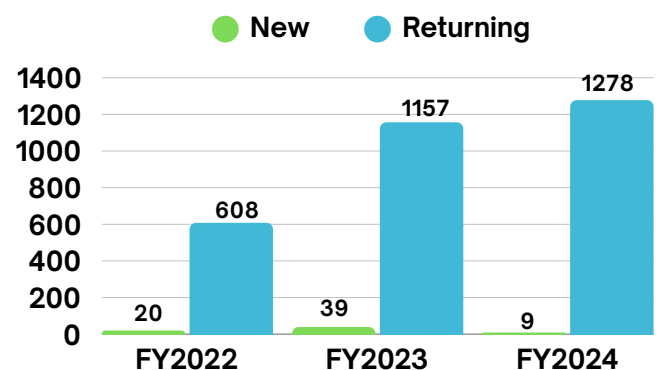
Falls are the leading cause of injury for adults ages 65 years and older in the United States.
1 in 4 older adults report falling every year.**

SIPH'S FIT AND FALL PROOF PROGRAM: 3-YEAR REVIEW (FY2022-FY2024)

3-Year Trend in Class Visits



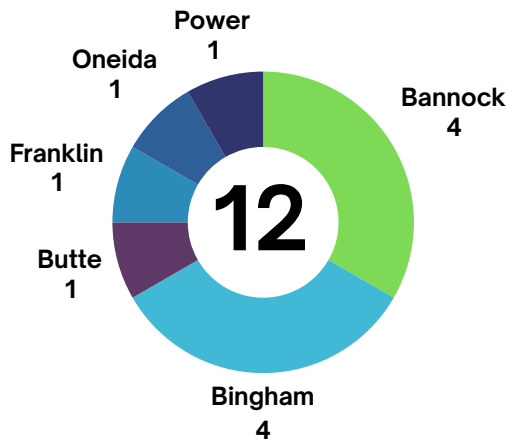
New/Returning Participant Status



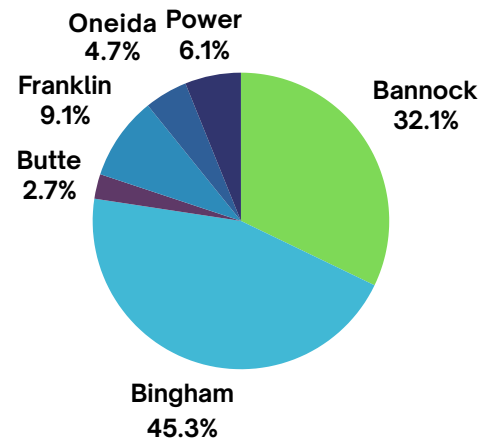
-Total Participant Counts Include Repeated Attendance Across Quarters-

Note: FY2023 included an extra quarter due to changes in the reporting calendar (July 2022 – September 2023). For FY2024, the reporting periods shifted from a July–June cycle to an October–September cycle.

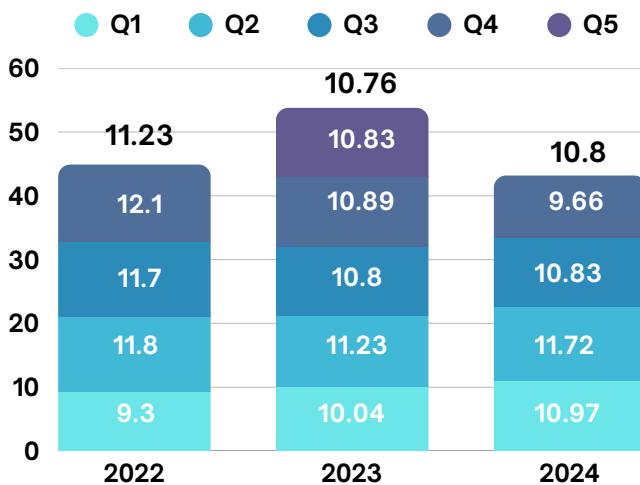
Class Sites by County



Participants by County

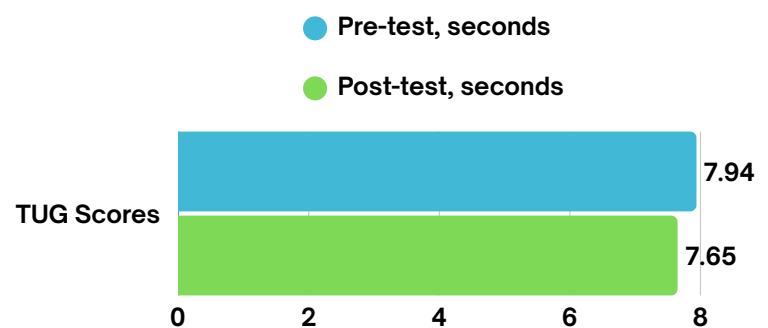


Average Number of Class Visits Per Quarter and Year



Pre- and Post-Test Average TUG* Scores

Decrease in TUG scores time (s) shows effectiveness of FFP Program



*The Time Up and Go (TUG) score represents the time it takes (in seconds) for an individual to stand up from a chair, walk 8 feet, turn, walk back to the chair and sit down. The results are based on an average of 224 participants.

SURVEY ANALYSIS: EXPLORING THE IMPACT OF FFP ON FEELINGS OF ISOLATION AND LONELINESS POST COVID-19 PANDEMIC

- Total participants: **505**
- Average age: **77.5 years**
- Majority female: **71.5%**
- Attended FFP before the pandemic: **57%**
- Respondents from all **seven** Idaho public health districts (based on zip codes)

Interest in FFP During Pandemic



of past FFP participants wished they could attend classes



wanted to stay connected with class members.

Post-Pandemic Connection Through FFP



feel more connected to their community through FFP



have strong connections with other members

Participant Perspectives on the FFP Program

SOCIAL CONNECTEDNESS



"It is wonderful. The connection with others is so important and it motivates me to do more."

GRATITUDE



"I love it. I come to bring my 91-year-old mom so her mobility can improve. I ended up enjoying it a lot myself. Thankful for this program."

APPRECIATION FOR CLASS LEADERS



"Having a leader who is relaxed and makes the class relaxed and willing to follow the leader. It is nice to do the class without feeling judged on performance."

PROGRAM IMPACT



"My lungs have really improved. My doctor and I are happy. My joints are better."