

Health Promotion and falls

Presented by Yvonne Muyambi
Health Promotion Officer



Health
Mid North Coast
Local Health District

About our target group

- Fall-related injuries are a major cause of morbidity and mortality in older people (ABS 2017).
- The prevalence of falls increases with age.
- Approximately one in five people aged 65 years and over have at least one fall per year.
- As a result, falls prevention measures seek to:
 - decrease the rate of hospitalizations, hospital stays and readmissions.
 - reduce the burden of healthcare costs
 - increase mobility and independence in older people.

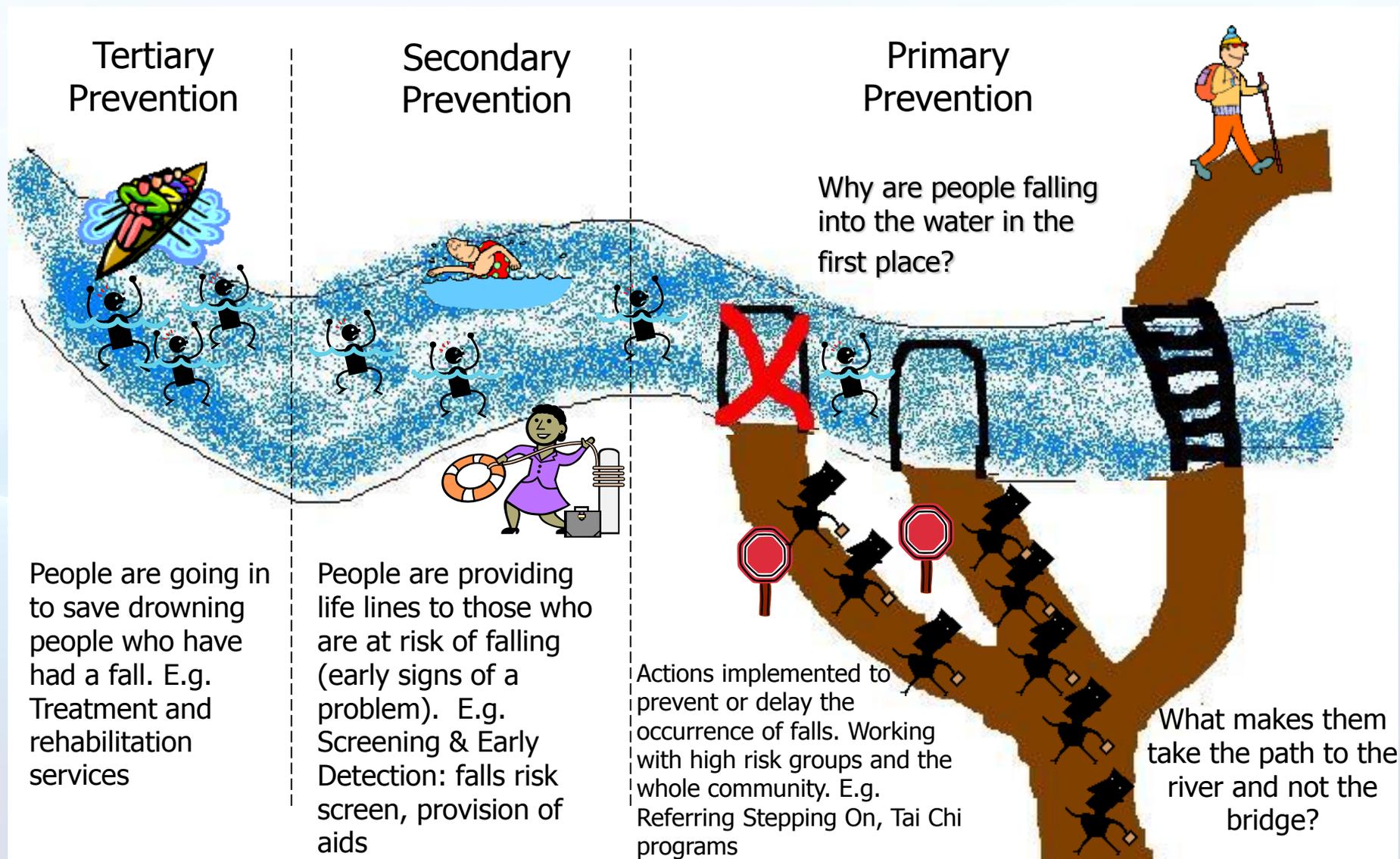


About our target group

- In 2014-2015, the Australian Institute of Health and Wellbeing reported that:
 - 7 in 10 older Australians are either overweight or obese
 - 2 in 5 older Australians are physically active each week.
 - 92% of older Australians do not eat enough fruit and vegetables to meet the recommended guidelines.
 - 20% of older Australians who consumed alcohol in the previous 12 months, exceeded the recommended guidelines.
- Therefore, it is important to link older people into community programs that encourage them to stay active on their feet and encourage healthy lifestyles.



How does health promotion fit into falls prevention?



How does health promotion fit into falls prevention?

- Working in partnership with MNCLHD hospital and community-based staff and NGOs to raise awareness of suitable community programs for their target groups.
- Linking community members to health programs that will promote and help them to maintain healthy lifestyles.

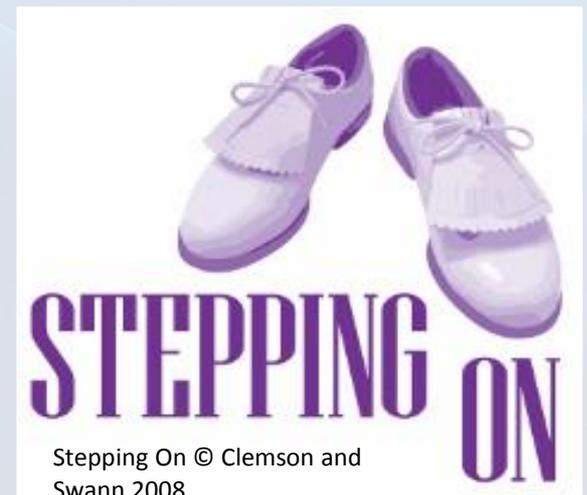
Stepping On as a way to reduce falls

- Stepping On is a free evidence-based program that is run by NSW Health.
- It focuses on reducing an individual's risk of falling, increase their independence and ability to carry out their activities of daily living.
- It covers:
 - home hazard awareness,
 - nutrition and bone health,
 - vision, medication management,
 - strength and balance exercises
 - how to get up from a fall.
- The course runs for 7 weeks, 2 hours per week and is followed by a booster session 2-3 months later.



Stepping On as a way to reduce falls

- Selection criteria:
 - 45 years and older if they identify as Aboriginal or Torres Strait Islander. 65 years and older for non-Aboriginal or Torres Strait Islander participants.
 - Able to walk independently or with a walking stick.
 - Fearful of falling or has previously had a fall.
- Exclusion criteria: People diagnosed with dementia or neuromuscular conditions.



Stepping On as a way of to reduce falls

Stepping On © Clemson & Swann

Stepping On is a free program for Aboriginal and/or Torres Strait Islander people 45 years and over and non-Aboriginal people 65 years and over who have had a fall or are concerned about falling.

Referrer's Name: _____ Date: _____

Referrer's Organisation/Department: _____ Phone: _____

Referrer's Email address: _____

Patient/Client Details:

* Affix Patient Label

Alternate Phone Number: _____ Preferred Language: _____

OR

First Name: _____ Surname: _____

Address: _____

Suburb: _____ Post Code: _____

Phone No: _____ Mobile: _____

Preferred Language: _____

Is the patient/client of Aboriginal or Torres Strait Islander origin? (Please circle) Yes No

Please **do not** refer patients/clients who:

- Who use a walking frame at home
- Have a **progressive** neurological condition
- Have poor memory, Dementia or behavioral issues

Please confirm the patient/client has been discharged home

Send completed forms to:

Yvonne Muyambi

Fax: (02) 6588 2837

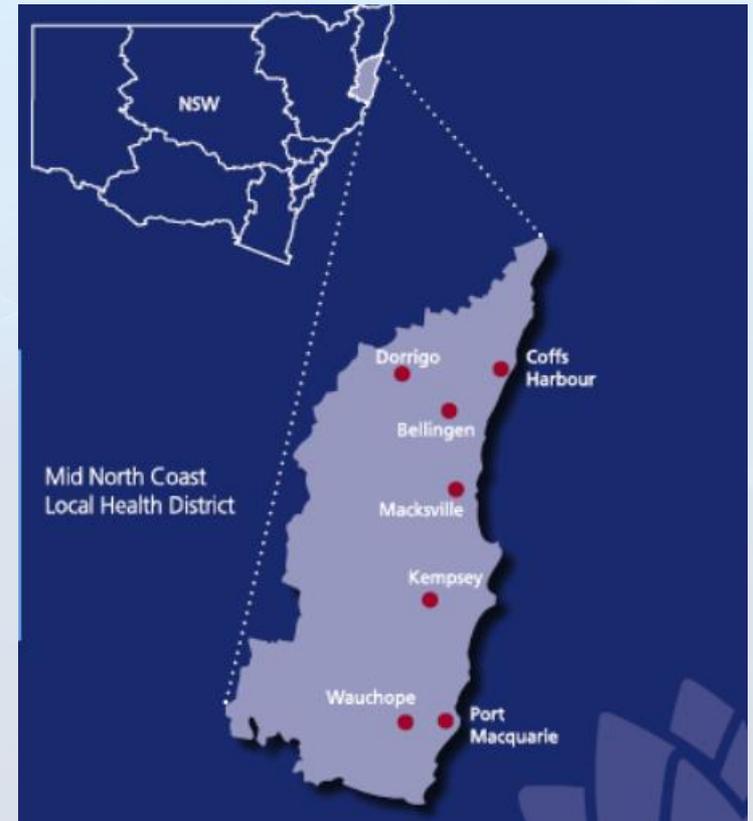
OR

Email: yvonne.muyambi@ncahs.health.nsw.gov.au

- Who can make a referral?
 - General practitioners
 - Health professionals in both hospital and community settings
 - Community members can also self-refer

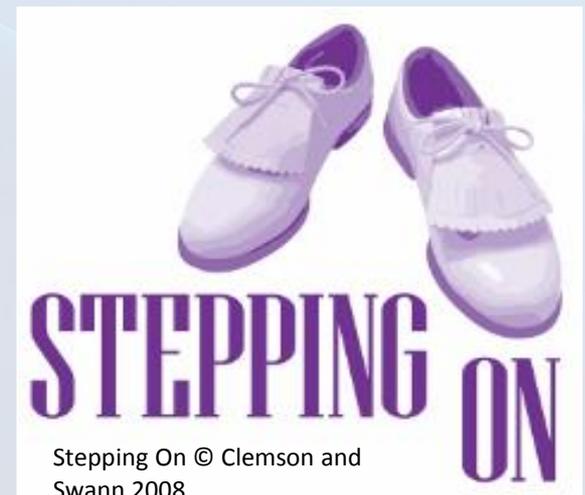
Stepping On as a way to reduce falls

- We deliver 21 programs across the Mid North Coast region (19 mainstream Stepping On programs and 2 Aboriginal Stepping On programs).



Stepping On as a way to reduce falls

- The program is evidence-based and each participant's outcome measures are collected in Week 1, Week 7 and two-three month booster sessions.
- This helps measure the progress of balance, walking and sit to stand at each stage.



Stepping On as a way to reduce falls



Aboriginal Stepping On program- Coffs Harbour



Aboriginal Stepping On program- Kempsey



Other health promotion programs

- **The Get Healthy Service**

This is a free telephone-based coaching service for people who 16 years and older. Participants who want to make healthy lifestyle changes regarding healthy eating, being physically active, maintaining a healthy weight or alcohol reduction will receive 10-13 free phone calls and an information booklet that will enable them to reach their health goals.

The logo for 'get healthy' features the words in a purple, lowercase, sans-serif font. A green, brush-stroke style arrow arches over the text, starting under 'get' and ending under 'healthy', pointing to the right.

get healthy

Information & Coaching Service

1 300 806 258

Monday - Friday 8am - 8pm

www.gethealthynsw.com.au



Health
Mid North Coast
Local Health District

Other health promotion programs

- **The Active and Healthy website**

For more information about falls prevention, ordering the '*Staying active on your feet*' booklets and to locate a local exercise, hydrotherapy or Tai Chi group, please visit www.activeandhealthy.nsw.gov.au.

The logo for 'Active & Healthy' features the word 'active' in a blue, lowercase, sans-serif font, followed by a yellow ampersand '&'. Below this, the word 'HEALTHY' is written in a blue, uppercase, sans-serif font. The entire logo is set against a white rectangular background.

active &
HEALTHY

Other health promotion programs

- **The Heart Foundation Walking**

Walking for 30 minutes a day improves heart health, maintains a healthy weight, increases fitness, improves self-esteem and mental health. There are many community walking groups on the Mid North Coast that are led by volunteer Walk Organisers. To locate a local Heart Foundation walking group, please visit

<http://walking.heartfoundation.org.au/>



Hospital Referral Pathway trial

- Health Promotion is currently conducting a three- month trial at Port Macquarie Base Hospital to:
 - Increase and monitor the number of hospital referrals being made.
 - Increase awareness of the Stepping On program as well as the various health promotion programs available in this region.
 - Increase participation in the Stepping On program.



Who to contact?

- Maryann Anderson, Health Promotion Officer (Stepping On Coordinator), Coffs Clinical Network, 6691 1892, maryann.anderson@ncahs.health.nsw.gov.au
- Yvonne Muyambi, Health Promotion Officer (Stepping On Coordinator), Hastings-Macleay Network, 6588 2896, yvonne.muyambi@ncahs.health.nsw.gov.au