

**Story County Fall Prevention Coalition (SCFPC)** A community partnership to help reduce the risks and prevalence of falls in older adults

Fall Meeting (Tuesday August 19, 2025, 12:30-1:30pm) Atrium A – Mary Greeley Medical Center or [online meeting link](#)

## Meeting Notes

### Welcome / Introductions

- Matt Aitchison welcomed attendees and emphasized the coalition's growth and the value of collaboration across community sectors.
- Dr. Colleen Schwartz highlighted the urgency of fall prevention, noting that falls are the leading cause of injury and unintentional death among older adults. She praised the coalition's shift from awareness to action.

### Coalition Updates & Enrichment

#### Goals Revisited

- Promote fall risk screening in Ames and Story County.
- Increase awareness among clinicians and community members.
- Facilitate referrals to Walk With Ease.
- Integrate workflows via the HUB.
- Establish procedures for long-term monitoring and tracking.

#### Walk With Ease Trial – Preliminary Findings- Dr. Greg Welk & Abbie Coniglio MS

- Community-based, real-world implementation with trained student leaders.
- 170 participants enrolled; 131 completed; 23% withdrawal rate.
- Statistically significant improvements in:
  - Chair stand test (10%)
  - Timed up and go
  - 3-minute walk test (9%)
  - Fall risk scores (11%)
  - Calf raises, grip strength, step test
  - Fear of falling (especially in enhanced coaching group)
  - Motivation, habit formation, and behavior change
- Mixed results in self-efficacy, possibly reflecting more realistic self-assessment.

#### Program Design & Referral Strategy

- Walk With Ease is designed for moderate-risk individuals.
- High-risk individuals are referred to PT.
- Screenings assess readiness and risk level before enrollment.
- Screenings are available on-demand at ISU Research Park and via scheduled events.

#### Sustainability Planning

- Quarterly screening events proposed for better planning and student availability.
- Coalition aims to train more members (e.g., Kristen, foot care nurses) in screening protocol.
- Outdoor programming and low-income housing outreach discussed for post-study expansion.

## Community Engagement & Outreach

### Media & Promotion

- Coalition members expressed frustration with lack of coverage from Ames Tribune.
- Suggestions included:
  - Targeting smaller local papers (Nevada, Story City)
  - Publishing through AmesVoice.com
  - Creating a press release for upcoming events, Colleen will work with Dr. Kitchell
- Angela Simmering suggested leveraging Extension's History Committee and senior networks.

### Website & Flyer Distribution

- Coalition discussed adding screening info to:
  - Extension website
  - Mary Greeley and McFarland Clinic websites
- Flyers to be distributed via Seniors and Story and other senior-focused groups.

## Upcoming Events

### Falls Prevention Awareness Month – September

- Dr. Fuzhoung Li presenting Tai Ji Quan: Movement for Better Balance
  - Lecture: Sept 25, Memorial Union, 7 PM (streamed live)
  - Community Demo: Sept 26, Atrium Room B or other venue
  - Interactive session open to public, coordinated with Prime Time Alive
  - Co-branded with Mary Greeley and SCFPC Abbie C will work with Vickie Newell

### Iowa Falls Prevention Symposium

- Hosted by Iowa Falls Prevention Coalition during Falls Prevention Awareness Week.
- Toolkit, handouts, social media campaigns, and podcast in development by students.
- Resources will be available for statewide partners and local use.

## Future Research & Collaboration

### Hospital Readmission Study Proposal

- Idea to track readmission rates among patients who complete Walk With Ease post-discharge.
- Aligns with CMS priorities and patient-centered research models.
- Coalition may begin tracking ER and inpatient data to support future studies.

### Population Health Integration, Story County Public Health Integration

- McFarland Clinic's Population Health team formed a fall prevention task force.
- Coalition collaborating with Dr. Shah on screening and outreach.

### Orthostatic Hypotension & Dehydration

- Discussion on increasing falls due to low blood pressure and dehydration.
- Emphasis on educating nurses and clinicians to screen for orthostatic symptoms.

## Closing Remarks & Next Steps

- Colleen Schwartz thanked attendees and shared updates on her move to Texas and continued coalition involvement. Abbie Coniglio will be co-administrating the coalition locally into 2026
- Next Meeting: Tuesday, November 18, 2025, 12:30–1:30 PM, Atrium A / Teams
  - Proposed focus: inpatient data and hospital-based fall prevention strategies
  - Planning for 2026 quarterly meeting schedule to begin

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### Upcoming Meeting

Tuesday 11/18/25, Atrium A/ Teams, 12:30pm – 1:30pm