

Iowa Falls Prevention Coalition 3-Year Action Plan – Summary of 2025 Activities



Vision: Iowans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

Mission: To facilitate collaboration among state, community, and healthcare system partners to reduce falls by building awareness, providing education, and supporting implementation of fall prevention efforts.

*For a complete list of acronyms used in this document, please refer to **Appendix A: Acronym List**.*

Goal #1: Increase awareness of falls in Iowa and support more falls prevention education.

	2025 Completed Activities	Completed By
Objective 1.1: Increase awareness of falls and educate about falls prevention among individuals, professionals, and students.		
Action Step A: Work with Iowa HHS to support annual efforts to disseminate Iowa Falls Brief.	NA - 2026 goal	
Action Step B: Create an annual awareness week proclamation to encourage public awareness, educate policy makers about the burden of falls, and provide recognition for the work of the Iowa Falls Prevention Coalition.	2025 Governor's proclamation was signed and shared on the IFPC website. 10.25-Falls-Prevention-Awareness-Week.pdf	Iowa HHS
Action Step C: Increase community level awareness of falls risk and engagement in prevention strategies through statewide Falls Prevention Awareness Week activities annually in September.	<ol style="list-style-type: none">1. Updated the Stay Independent brochure and disseminated to Drake University and Iowa Community HUB. Additional partners received following FPAW.2. Shared FPAW information on social media accounts. Offered Tai Chi for Arthritis and Falls	<ol style="list-style-type: none">1. Iowa HHS & Coalition FPAW committee2. UI Health Care3. Northeast Iowa Wellness & Recreation Center4. Sydney Marshman (Happy at Home Consulting)

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	<p>Prevention and Stepping On during FPAW and throughout the month of September.</p> <p>3. Shared educational materials with residents through flyers and facility postings, ensuring seniors have access to actionable falls prevention information. Promoted awareness through social media, reaching residents, families, and the broader community.</p> <p>4. Provided education statewide on fall risk, home safety, and aging in place through: Professional trainings for clinicians and caregivers, The Balance Bulletin issues featuring fall prevention content, The Balance Broadcast podcast episodes on falls, balance, and chronic conditions.</p> <p>5. Delivered community and professional education on home safety, environmental fall hazards, and low-cost, evidence-informed modifications. Shared falls information through community events, newsletters, contractor partnerships, and statewide conference participation.</p>	<p>5. Sydney Marshman (Home Modifications Iowa)</p> <p>6. Story County Falls Prevention Coalition</p> <p>7. Iowa State University (ISU)</p> <p>8. Dr. Mike Kitchell, retired neurologist & health reporter, Story County Falls Prevention Coalition</p> <p>9. Angela Shanahan PhD Candidate University of Iowa College of nursing</p> <p>10. Iowa Community HUB</p>
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	<ol style="list-style-type: none">6. Held two community fall prevention workshops were at a local hospital on 9/25/25. Held fall prevention visiting scholar community lecture (Dr. F. Li, Tai Chi Quan Movement for Better Balance) on 9/24/25.7. Issued Press Release for statewide FPAW on 9/22/25.8. Published Community Fall Prevention Coalition article on 9/24/25 in the Ames Voice.9. Posted daily on social media.10. Posted daily messages to social media during FPAW; disseminated Stay Independent Brochures.	
<u>Action Step D: Increase engagement of health profession students in Falls Prevention Awareness Week activities.</u>	<ol style="list-style-type: none">1. Developed an internship opportunity to support administrative tasks of the IFPC, to include outreach and awareness/education efforts. Recruitment began in fall of 2025; the first student will start in early 2026. This position planned as an ongoing opportunity for internship support.2. Integrated fall prevention content into OT/OTA student teaching and mentorship.3. Promoted Falls Prevention Week to local providers and student interns.	<ol style="list-style-type: none">1. Iowa HHS2. Sydney Marshman (Happy at Home Consulting)3. Linn County Public Health4. ISU Department of Kinesiology

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	<p>4. Hosted falls prevention research presentations and academic discussion with ISU Pease Visiting Scholar for Kinesiology, Pre-med, Pre-PT students 9/24/25</p>	
<p><u>Action Step E: Expand professional education through the annual Falls Prevention Symposium that reflects a broad target population (professionals, employers, caregivers, etc.).</u></p>	<p>1. Presented at the annual symposium, along with a partner from ASTHO. Provided overview of project activities completed in partnership with IFPC; Shared information on coalition members can be involved in the work.</p> <p>2. Promoted Falls Prevention Symposium to local providers.</p> <p>3. Organized and hosted the 2025 Iowa Falls Prevention Coalition Symposium with 121 registrants.</p> <p>4. Attended the Falls Symposium virtually, gaining practical insights and strategies to implement in our facility.</p> <p>5. Provided potential expert fall prevention speaker names, encouraged attendance at the annual Falls Prevention Symposium</p> <p>6. Promoted the Symposium through social media and emails; contributed to speaker planning committee</p>	<p>1. Iowa HHS</p> <p>2. Linn County Public Health</p> <p>3. UI Health Care</p> <p>4. Northeast Iowa Wellness & Recreation Center</p> <p>5. Story County Falls Prevention Coalition</p> <p>6. Iowa Community HUB</p>

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<p><u>Action Step F:</u> Promote increasing physical activity for patients/individuals with arthritis or other chronic conditions to decrease the risk of falling.</p>	<ol style="list-style-type: none">1. Continued HEAL/Fresh Conversations Classes past SNAP ed cuts. Area AAA, YMCA and other organizations offer physical activity for adults with chronic conditions.2. Offered, in collaboration with ACL Grant partners, Tai Chi for Arthritis and Falls Prevention and Stepping On to community members with chronic health conditions throughout the year.3. Initiated and managed the Iowa State Conference on Aging4. Assessed clients for fall risk during routine calls and referred to appropriate programs.5. Promoted physical activity as a stated goal of local coalition with referrals to physical activity interventions through a CCH as main focus for 2025, which is achieved through education, multiple community falls screening and community outreach. Presented on falls prevention and physical activity at Senior Focused Resource Group, Seniors in Story, February 2025, (50 people) and at	<ol style="list-style-type: none">1. Linn County Public Health2. UI Health Care3. Sydney Marshman (Home Modifications Iowa)4. Brain Injury Association of Iowa5. Story County Falls Prevention Coalition6. Iowa Community HUB7. Boone County Hospital
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	<p>Senior Expo May 2025 (several hundred people). Presented and facilitated workshops on falls prevention and physical activity for 3 hours at Iowa State University's Rock On Retirement expo (100 in person & 50 virtual).</p> <p>6. Selected as the national HUB to pilot and test the feasibility of the Arthritis Care Model, the Iowa Community HUB advanced this work in partnership with Primary Health Care by embedding standardized screening tools to assess physical activity and fall risk (PAVS, STEADI) within clinical workflows.</p> <p>7. Emerged as a new partner by initiating a Bingocize program for the Boone County community, working to bring more diverse falls prevention programs to the state.</p>	
Objective 1.2: Manage the IFPC website to enhance access to falls information and resources.		
<p><u>Action Step A:</u> Promote the Program Library for information about falls prevention programs in Iowa with the ability to register for programs from the website.</p>	<ol style="list-style-type: none">1. Met with multiple current and potential collaborators about the Iowa Community HUB and how to use the Program Library to help refer patients to programs.2. Managed the Iowa HUB to position the Program Library as a statewide access point for	<ol style="list-style-type: none">1. UI Health Care2. Iowa Community HUB

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	falls prevention programs; refining direct online registration. Goal to continuously increase the number of programs listed.	
<u>Action Step B:</u> Keep the IFPC webpage updated with national and state information about falls prevention, IFPC/local coalition meeting notes, and various resources.	<p>1. Managed the IFPC webpage and updated the site with new resources from NCOA and various statewide activity. Updated website to come in 2026 to accommodate increased activity/resources.</p> <p>2. Posted quarterly Story County Fall Coalition Prevention Meeting Notes and 2025 community fall prevention events on the IFPC webpage.</p>	<p>1. Iowa Community HUB</p> <p>2. Story County Falls Prevention Coalition</p>
<u>Action Step C:</u> Promote the Clinician Resource webpage for information and resources to support increased screening for falls, counseling about falls prevention interventions, and referrals to falls prevention programs.	<p>1. Promoted the Clinician Resource webpage in meetings with healthcare providers through presentations; Developed Health System Partnership Committee for 2026.</p> <p>2. Referred clients to the HUB for resources on falls prevention.</p> <p>3. Promoted Clinician Resource webpage at quarterly local coalition meetings.</p>	<p>1. Iowa Community HUB</p> <p>2. Brain Injury Association of Iowa</p> <p>3. Story County Falls Prevention Coalition</p>
<u>Action Step D:</u> Improve website accessibility for individuals with disabilities and language accessibility.	NA - 2026 Goal	

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Goal #2: Expand falls screening activities across the state to better detect fall risk.

	2025 Completed Activities	Completed By
Objective 2.1: Promote the three levels of STEADI Falls Screening to increase awareness of fall risk		
<u>Action Step A:</u> LEVEL 1: Promote dissemination of the STEADI Falls Brochure with members of the community to self-assess their fall risk and alert healthcare provider + connection to Iowa HUB for enrollment in falls prevention program.	<ol style="list-style-type: none"> 1. Distributed STEADI brochure and referred fall screening participants to Iowa HUB for evidence-based programs. 2. Updated and printed the Stay Independent brochure in Sept 2025 to include information about the HUB and the IFPC. Shared brochure with IFPC members. 3. Offered STEADI Falls Brochures to community members at various health events. 4. Promoted the Iowa Falls Coalition and STEADI with a meeting with state representative Heather Matson. 5. Worked with FPAW Committee to update the Stay Independent Brochure for more customized for Iowa use; disseminated at various health fairs/conferences. 	<ol style="list-style-type: none"> 1. Siouxland District Health Dept; and Story County Falls Prevention Coalition 2. FPAW Committee 3. UI Health Care 4. Angela Shanahan PhD Candidate University of Iowa College of Nursing 5. Iowa Community HUB
<u>Action Step B:</u> LEVEL 2: Encourage community partners to use the STEADI falls screening tool to support their falls screening events/activities.	<ol style="list-style-type: none"> 1. Used STEADI screening tool during falls screening. 2. Encouraged community members at various health events to use STEADI falls 	<ol style="list-style-type: none"> 1. Siouxland District Health Dept. 2. UI Health Care 3. Sydney Marshman

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	<p>brochures to self-assess personal or loved one's risk of falling and then talk to a healthcare provider about the results.</p> <ol style="list-style-type: none"> 3. Conducted fall risk screenings during outpatient therapy visits. 4. Conducted balance and fall screening at the Senior Games Des Moines July 2025; Conducted balance and falls screening at the Johnson County Senior Fair October 2025; Gave falls prevention handouts from the STEADI toolkit to seniors at a community event in Tipton February 2025. 5. Used and developed augmented STEADI screening tool during falls screening. 6. Shared about the STEADI screening tool with community partners at Program Office Hours. 	<p>(Happy at Home Consulting)</p> <ol style="list-style-type: none"> 4. Angela Shanahan PhD Candidate University of Iowa College of Nursing 5. Story County Falls Prevention Coalition; ISU U-TuRN 6. Iowa Community HUB
<p><u>Action Step C: LEVEL 3: Engage clinicians to use the STEADI falls screening tool and refer to falls prevention programs or specifically, to the Iowa HUB for patient enrollment in community programs.</u></p>	<ol style="list-style-type: none"> 1. Posted on social media for fall prevention week. 2. Established contracts with McFarland Clinic and Primary Health Care to train clinicians on STEADI and establish referral pathway to the HUB in spring 2025 as part of an ASTHO funded pilot project. 	<ol style="list-style-type: none"> 1. Angela Shanahan PhD Candidate University of Iowa College of Nursing 2. Iowa HHS 3. Iowa Community HUB 4. Sydney Marshman (Happy at Home Consulting)

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	<ol style="list-style-type: none"> 3. Worked alongside Iowa HHS, onboarded and supported healthcare partners to use STEADI and set up referral pathway to the HUB to connect patients to falls prevention programs. 4. Embedded STEADI-aligned screening questions within home visits and evaluations; Referred at-risk individuals to community falls prevention programs, including programs listed through HUB partners. 5. Referred high risk individuals into community program including Iowa HUB. 6. Facilitated and established McFarland Clinic clinician engagement of Iowa HHS ASTHO Grant and promoted FRAIL STEADI falls screening and community intervention referral and Iowa HUB. 	<ol style="list-style-type: none"> 5. Sydney Marshman (Home Modifications Iowa) 6. Story County Falls Prevention Coalition; ISU Clinical Outreach Coordinator
<u>Action Step D:</u> Raise awareness of the online STEADI falls screening resources and available trainings to increase the utilization of STEADI as an evidence-based screening tool and resource for helping detect fall risk across all sectors .	<ol style="list-style-type: none"> 1. Completed the STEADI falls screening training. 2. Completed the STEADI falls screening training enhancing knowledge and preparedness across leadership and staff. 3. Completed the FRAIL STEADI falls screening training. 4. Posted STEADI falls screening resources/FRAIL STEADI falls screening training on IFPC 	<ol style="list-style-type: none"> 1. Angela Drent, Siouxland District Health Dept. 2. Northeast Iowa Wellness & Recreation Center 3. Story County Falls Prevention Coalition members

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	webpage; helped to educate individuals to use STEADI in their fall risk assessments.	4. Iowa Community HUB
Objective 2.2: Promote centralized location to track and report falls screening activity.		
Action Step A: Iowa HUB to promote partner screenings and track number of screenings conducted across the state.	<ol style="list-style-type: none"> 1. Established a contract to support development of formal agreements between the Iowa Community HUB and clinicians for the completion and tracking of fall risk screening. 2. Held one falls prevention and balance screening at a low-income senior housing complex in Sioux City on Oct 23 with 18 participants. 3. Continued HEAL/Fresh Conversations Classes past SNAP ed cuts; HEAL/FC classes now have designated exercise and fall prevention time. Referrals made to local resources. Area AAA, YMCA and other organizations offer physical activity for adults with chronic conditions; and Local DPP program restarted and now connected to Iowa Community HUB and referrals are made from local providers and first cohort started. 4. Held multiple (>10) fall screenings in Story County. 	<ol style="list-style-type: none"> 1. Iowa HHS & Iowa HUB 2. Siouxland District Health Dept. 3. Linn County Public Health 4. Story County Falls Prevention Coalition

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<p><u>Action Step B:</u> Iowa HUB to receive falls screening referrals for connection to falls prevention programs.</p>	<ol style="list-style-type: none"> 1. Established a contract to support development of formal agreements between the Iowa Community HUB and clinicians for the completion and tracking of fall risk screening. Renewed contract for 2026. 2. Connected Linn County DPP to grow connections for referrals via newly received local falls prevention coalition capacity building grant. 3. Encouraged partner providers to use the HUB referral system as a resource to connect patients with falls prevention programs. 	<ol style="list-style-type: none"> 1. Iowa HHS & Iowa HUB 2. Linn County Public Health 3. UI Health Care
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Goal #3: Enhance statewide capacity and sustainability for falls prevention programs through a community care hub model.

	2025 Completed Activities	Completed By
Objective 3.1: Building capacity for falls prevention statewide.		
<p><u>Action Step A:</u> Increase the number of partners referring to the HUB by offering multiple referral pathways to connect individuals with statewide programs.</p>	<ol style="list-style-type: none"> 1. Promoted the use of Unite Us or other means of electronic and trackable referrals from local area to Iowa Community HUB. 2. Encouraged partner providers to use the referral system as a resource to connect patients with falls prevention programs. 	<ol style="list-style-type: none"> 1. Linn County Public Health 2. UI Health Care 3. Story County Falls Prevention Coalition 4. Iowa Community HUB

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	<ol style="list-style-type: none"> 3. Promoted use of Iowa HUB at quarterly meetings. 4. Offered multiple referral pathways, with 2025 marking the start of planning for FHIR integration to ensure interoperability with health systems. 	
<u>Action Step B:</u> Establish healthcare payment contracts to improve access to falls prevention programs across Iowa.	<ol style="list-style-type: none"> 1. Expanded contract-based service delivery through partnering with community organizations. 2. Established contract with Iowa Total Care for STEADI fall screening training and development of referral pathway to the HUB for ITC beneficiary enrollment in falls prevention programs; screening and enrollment will start in 2026. 	<ol style="list-style-type: none"> 1. Sydney Marshman (Happy at Home Consulting) 2. Iowa Community HUB
<u>Action Step C:</u> Develop a shared, community-driven data governance process between the Iowa HUB and partners for secure and meaningful data sharing (i.e., BAAs).	<ol style="list-style-type: none"> 1. Established business associate agreements with healthcare partners and MOU/data sharing agreements with program delivery organizations; Established Compliance and Data Integrity Committee to start meeting in 2026. 2. Utilized the HUB for meaningful data sharing. 3. Worked with the HUB for program support including data sharing for referrals. 	<ol style="list-style-type: none"> 1. Iowa Community HUB 2. UI Health Care and partners 3. Northeast Iowa Wellness & Recreation Center

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<p><u>Action Step D:</u> Increase the number of partners posting their evidence-based programs to the HUB's program locator, ensuring up-to-date content, locations, and schedules that make it easy for providers and community members to find and connect with available offerings.</p>	<ol style="list-style-type: none"> 1. Utilized the HUB to post about evidence-based falls prevention programs. Through this, UI Health Care has received at least 4 referrals to these programs based on UI Health Care posting their virtual programs on the HUB's website. 2. Supported by the HUB to include program promotion through the program locator. 3. Met with program delivery organizations to share opportunities for promoting their programs through the statewide program locator. 	<ol style="list-style-type: none"> 1. UI Health Care and partners 2. Northeast Iowa Wellness & Recreation Center 3. Iowa Community HUB
<p><u>Action Step E:</u> Conduct monthly office hours with network partners delivering programs offering time to network and share successes/challenges in addressing enrollment and retention.</p>	<ol style="list-style-type: none"> 1. Established regular program office hours – first Wednesday of each month. 2. Attended monthly office hours when schedule allowed. 	<ol style="list-style-type: none"> 1. Iowa Community HUB 2. UI Health Care
<p>Objective 3.2: Addressing SDOH for increased enrollment and retention in falls prevention programs.</p>		
<p><u>Action Step A:</u> Connect falls prevention program participants to the HUB's navigation services so underserved and high-need individuals can access community resources that support enrollment, engagement, and retention.</p>	<ol style="list-style-type: none"> 1. Connected all UI Health Care fall prevention program participants to the HUB's navigation services for enrollment; Utilized HUB to conduct data collection process. 2. Included funds in contract with HUB for access to navigators to assess social healthcare needs. 3. Expanded statewide access to home safety and modification 	<ol style="list-style-type: none"> 1. UI Health Care 2. Iowa HHS 3. Sydney Marshman (Home Modifications Iowa) 4. Angela Drent Woodbury County – Siouxland District Health Dept and

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	<p>services in rural and underserved regions, including enhanced HUB navigation awareness of HARP.</p> <ol style="list-style-type: none"> 4. Referred falls screening participants to Iowa HUB for evidence-based programs. 5. Increased effort to connect with critical access hospitals - presented to over 200 CAH leaders/staff; 10 CAHs requested the link to embed the HUB referral form within their website. 	<p>Story County Falls Prevention Coalition</p> <p>5. Iowa Community HUB</p>
<p><u>Action Step B:</u> Couple falls prevention efforts with efforts to address food and nutritional insecurity as food insecurity leads to higher risk of falls via frailty (i.e., make a connection to Iowa SNAP hotline, etc.).</p>	<ol style="list-style-type: none"> 1. Crosse promoted falls prevention programs with other agency programs, including food access. 2. Included funds in contract with the HUB to provide home delivered food boxes and transportation vouchers for individuals seeking falls prevention programming. 3. Utilized the Capital City Fruit fresh produce boxes (at least 20% of participants). 4. Made referrals to falls prevention programs and food assistance programs, as needed. 5. Delivered fresh produce boxes to over 550 participants. 	<p>1. Connections AAA</p> <p>2. Iowa HHS</p> <p>3. UI Health Care program participants</p> <p>4. Brain Injury Association of Iowa</p> <p>5. Iowa Community HUB</p>

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Goal #4: Support community-clinical linkages across the state for coordinated falls prevention efforts.

	2025 Completed Activities	Completed By
Objective 4.1: Engaging health system partners in falls prevention activities.		
<u>Action Step A:</u> Recruit and engage health system partners in the Iowa Falls Prevention Coalition.	<ol style="list-style-type: none"> 1. Partnered locally with public health agencies in Union, Taylor, Adams, Clarke and Ringgold County. 2. Sent invites to local public health partners to restart healthy aging and falls prevention coalition work. 3. Increased health system participation in local falls prevention coalition. 4. Expanded membership by 16 new members, bringing total membership to 85. 	<ol style="list-style-type: none"> 1. Connections AAA 2. Linn County Public Health 3. Story County Falls Prevention Coalition 4. IFPC
<u>Action Step B:</u> Improve access to falls prevention programs in rural Iowa: 1) engage rural healthcare providers in screening and referring (critical access hospitals) 2) initiate new falls prevention programs with virtual options	<ol style="list-style-type: none"> 1. Expanded program offerings to include Bingocize in Union Taylor, Adams, Clarke, Ringgold and Decatur Counties. 2. Offered both Tai Chi for Arthritis and Falls Prevention and Stepping On virtually. 3. Supported rural access through collaboration with AAAs and community-based programs. 4. Provided virtual options of falls prevention program. 5. Increased efforts to expand partnerships into rural regions of Iowa (CAHs, FQHCs, rural county partners, etc.) 	<ol style="list-style-type: none"> 1. Connections AAA 2. UI Health Care 3. Sydney Marshman (Happy at Home Consulting) 4. Iowa State University, University of Iowa 5. Iowa Community HUB 6. AAAs

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	<p>6. Reached rural individuals with a variety of evidence-based falls prevention programs including Bingocize, Home Hazard Removal Program, Health Steps for Older Adults, Matter of Balance and Tai Chi for Arthritis and Falls Prevention.</p>	
<p><u>Action Step C:</u> Promote healthcare discharge plans that refer into evidence-based programs and services that maintain and expand a patient's safe mobility, balance, and overall health.</p>	<p>1. Promoted discharge plans to healthcare professionals 2. Began the discussion to see if adding a referral section to the HUB in EPIC for a more seamless referral process. 3. Provided discharge-relevant follow-up through the Home Exercise Support Program to reduce readmissions and falls. 4. Promotion within local coalition of hospital, er and clinic discharge plans of evidence-based and informed programs. 5. Worked closely with hospitals to discharge patients with a referral to the HUB for falls prevention interventions delivered by network partners.</p>	<p>1. Angela Shanahan PhD Candidate University of Iowa College of nursing 2. UI Health Care 3. Sydney Marshman (Happy at Home Consulting) 4. Story County Falls Prevention Coalition 5. Iowa Community HUB</p>
<p><u>Action Step D:</u> Encourage healthcare providers to offer home assessments performed by healthcare professionals such as Occupational and Physical Therapists or Certified Age in Place Specialists aimed to improve livability and reduce falls risks as part of the plan of care for individuals who have been screened at-risk for falls.</p>	<p>1. Delivered OT home assessments and fall prevention interventions for older adults statewide. 2. Provided OT-led needs assessments and home</p>	<p>1. Sydney Marshman (Happy at Home Consulting) 2. Sydney Marshman</p>

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	<ul style="list-style-type: none"> modification recommendations through statewide programs. 3. Encouraged utilization of Home Assessments at quarterly meetings. 4. Promoted home assessments when need is assessed during intake. 	<ul style="list-style-type: none"> (Home Modifications Iowa) 3. Story County Falls Prevention Coalition 4. Iowa Community HUB Navigators
Objective 4.2: Promote the development of local falls prevention coalitions		
<u>Action Step A:</u> Use the Landscape Analysis Report to identify gaps and opportunities in falls prevention and engage partners to expand participation statewide.	<ul style="list-style-type: none"> 1. Awarded 5 organizations contracts for establishment of local coalitions, to begin in 2026. 2. Discussed Landscape Analysis Report and brainstormed expansion of local coalition to be more patient-centered and incorporate rural areas. 3. Landscape Analysis Report (1 general, 1 falls-specific) posted on IFPC webpage. 	<ul style="list-style-type: none"> 1. Iowa HHS 2. Story County Falls Prevention Coalition 3. Iowa Community HUB
<u>Action Step B:</u> Provide technical assistance and support to groups who express interest in forming a local/regional falls prevention coalition.	<ul style="list-style-type: none"> 1. Engaged with ISU-PPSI to provide technical assistance to funded local coalitions beginning in 2026 2. Joined Iowa HHS efforts to support local coalition development. 3. Received information on process for forming a local falls prevention coalition. 4. Accessed technical assistance, as needed 5. Supported groups and individuals interested in 	<ul style="list-style-type: none"> 1. Iowa HHS 2. Iowa Community HUB 3. Siouxland District Health Dept. 4. Linn County Public Health 5. Story County Falls Prevention Coalition

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	following the established Story County Falls Prevention Coalition Model as requested by the IFPC.	
<u>Action Step C:</u> Create local coalition guidance manual for best practices for coalition development.	Studied and created local falls coalition best practices based on successful collective impact model used for over 2 years.	Story County Falls Prevention Coalition; ISU U-TuRN
<u>Action Step D:</u> Plan breakout room time during IFPC meetings to facilitate conversation in an effort to strengthen the network among IFPC members	Hosted breakout rooms during IFPC meetings throughout the year.	UI Health Care, IFPC Co-Chairs
Objective 4.3: Support community models that promote falls prevention best practices.		
<u>Action Step A:</u> Engage with local fire departments/EMS to provide a comprehensive and coordinated approach to education, prevention information, and intervention to reduce falls within the home.	<ol style="list-style-type: none"> 1. Met with Sioux City Fire and Rescue to learn more about their fall prevention program. 2. Planned to meet with Care Team in Cedar Rapids to start process of fire and EMS collaboration. Will work with LCPH preparedness staff. 3. Established 2026 goal to engage local fire department / EMS 	<ol style="list-style-type: none"> 1. Siouxland District Health Dept. 2. Linn County Public Health 3. Story County Falls Prevention Coalition
<u>Action Step B:</u> Support community paramedicine activity and connect emergency-responders to refer individuals with a fall history to the HUB for enrollment in falls prevention programs.	Planned to meet with Care Team in Cedar Rapids to start paramedicine program assessment and engagement.	Linn County Public Health
<u>Action Step C:</u> Collaborate with community partners/planners to advance community designs and built environments that support accessibility, walkability, and needs of people with various physical and sensory abilities.	<ol style="list-style-type: none"> 1. Distributed sensory friendly go-kits to Sioux City PD, SC Fire & Rescue and all rural Woodbury County ambulances. Chair complete streets initiatives in 	<ol style="list-style-type: none"> 1. Siouxland District Health Dept. 2. Together! Healthy Linn, Equitable

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	<p>Sioux City and Sergeant Bluff. Focus is on walkability, sidewalk and trail connections and safety.</p> <p>2. Worked extensively to help implement complete streets, safe routes to school and everyday destinations, active transportation, all terrain wheelchairs in parks/nature preserves, accessibility studies for outdoor recreation areas. Large inclusive physical activity fair held at end of Summer 2025, coordinated by long term OT Student intern from St. Ambrose University.</p> <p>3. Conducted a comprehensive facility walkthrough to identify potential hazards and areas for improvement; Implemented key safety improvements, including additional lighting, secured rugs, and properly managed power cords; Continued monitoring and addressing environmental risks to ensure a safer, more accessible facility for all residents.</p> <p>4. Scheduled the first Care Partner Camp for April 2026 to address fall risk for caregivers</p> <p>5. Focused on walkability, sidewalk safety by providing</p>	<p>Opportunities for Physical Activity</p> <p>3. Northeast Iowa Wellness & Recreation Center</p> <p>4. Sydney Marshman (Home Modifications Iowa)</p> <p>5. Story County Falls Prevention Coalition</p>
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	community resource numbers to report safety hazards.	
<u>Action Step D:</u> Capture feedback on participants' experiences with screening, referral, navigation, and/or program participation to guide the development of falls prevention best practices.	<ol style="list-style-type: none"> 1. Utilized the HUB navigators to capture this feedback. 2. Captured feedback to study best practices from Population Health Team and those STEADI trained. 	<ol style="list-style-type: none"> 1. UI Health Care 2. Story County Falls Prevention Coalition, ISU U-TuRN
<u>Action Step E:</u> Iowa Falls Prevention Coalition representatives engage in state and national efforts to advance falls prevention best practices, bringing back expertise to strengthen local initiatives.	<ol style="list-style-type: none"> 1. Attended Gerontological Society of America annual meeting and presented a poster on the factors of fall risk self-management. Learned from experts and have brought ideas back to implement at a local level. 2. Attended Iowa State Conference on Aging and Iowa Fall Prevention Symposium. 3. Attended the 2025 NCOA Age+ Action Conference; Regularly met with local and national professionals in the fall prevention space to discuss best practices and strategies; Regularly attend state and national webinars focused on falls prevention. 4. Participated in ASTHO learning collaborative and NCOA strengthening state falls prevention coalitions funded projects. This included attendance at the Aging + Action conference and NCOA 	<ol style="list-style-type: none"> 1. Angela Shanahan PhD candidate University of Iowa College of Nursing 2. Linn County Public Health 3. UI Health Care 4. Iowa HHS 5. Iowa Community HUB

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	<p>grantee meeting. Information about these projects was shared at the IFPC meetings on a regular basis.</p> <p>5. Attended July USAging pre-meetings and met with national partners regularly including falls discussions: Quarterly State Coalitions on Falls Prevention Workgroup Meeting; NACDD, USAging, EMI Advisors.</p>	
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Goal #5: Effectively grow the policy and advocacy work of the Iowa Falls Prevention Coalition.

	2025 Completed Activities	Completed By
Objective 5.1: Maintain operations and grow membership of the Iowa Falls Prevention Coalition.		
<u>Action Step A:</u> Conduct landscape analysis every other year to assess falls prevention activity successes, challenges, barriers, gaps, and needs.	<ol style="list-style-type: none"> 1. Published Landscape Analysis Report. 2. Worked with ISU U-TuRN to develop and disseminate landscape analysis survey and worked with PPSI on a falls-specific report. 	<ol style="list-style-type: none"> 1. ISU U-TuRN, PPSI, HUB 2. Iowa Community HUB
<u>Action Step B:</u> Assess falls data report needs of partners to inform creation of data briefs and other data reports.	<ol style="list-style-type: none"> 1. Conducted Data Needs Assessment of local coalition members. 2. Assessed falls surveillance efforts and on development of an evaluation plan. 	<ol style="list-style-type: none"> 1. Story County Falls Prevention Coalition 2. Iowa HHS, Iowa Community HUB, UI Injury Prevention Research Center

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<p><u>Action Step C:</u> Engage healthcare payers in innovative payment models to establish reimbursement for community-based programs.</p>	<ol style="list-style-type: none"> 1. Advanced innovative payment models and contracting for home-based fall prevention services. 2. Worked with payers through HUB Advisory Group meetings; solidified 1st contract in 2025 with ITC, working on additional innovative payment contracts for 2026. 	<ol style="list-style-type: none"> 1. Sydney Marshman (Happy at Home Consulting) 2. Iowa Community HUB
<p><u>Action Step D:</u> Seek input from IFPC members and potential members in an effort to plan meeting content that is relevant and valuable to members, therefore, encouraging further engagement with the coalition.</p>	<p>Disseminated the 2025 NCOA Part 1 Survey through the IFPC coalition, with findings shared at an IFPC meeting; follow-up surveys are planned for 2026 to assess growth and development.</p>	<p>IFPC Co-Chairs; Iowa HHS</p>
<p><u>Action Step E:</u> Target outreach to recruit and engage new members within regions of Iowa that are not presently represented in the coalition.</p>	<ol style="list-style-type: none"> 1. Invited local partners to learn about and join IFPC. 2. Included a requirement of the local coalition development opportunity that awarded coalitions must have at least one member belong to and regularly participate in the statewide coalition. 3. Conducted public outreach to unrepresented regions through professional networks and community talks. 4. Expanded awareness of fall prevention strategies to community organizations, legislators, and aging service 	<ol style="list-style-type: none"> 1. Linn County Public Health 2. Iowa HHS 3. Sydney Marshman (Happy at Home Consulting) 4. Sydney Marshman (Home Modifications Iowa) 5. ISU U-TuRN, PPSI, HUB 6. Iowa Community HUB

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	<p>providers through the Iowa State Conference on Aging.</p> <ul style="list-style-type: none">5. Conducted Landscape Analysis.6. Increased efforts to reach rural Iowa.	
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Appendix A: Acronym List

AAA – Area Agencies on Aging

ACL – Administration for Community Living

ASTHO – Association of State and Territorial Health Officials

BAA – Business Associate Agreement

CAH – Critical Access Hospital

CCH – Community Care Hub

DPP – Diabetes Prevention Program

EMS – Emergency Medical Services

EPIC – Electronic Health Record system (Epic Systems)

FC – Fresh Conversations

FHIR – Fast Healthcare Interoperability Resources

FPAW – Falls Prevention Awareness Week

FQHC – Federally Qualified Health Center

HARP – Home Assessment and Repair Program

HHS – Health and Human Services

IFPC – Iowa Falls Prevention Coalition

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ISU – Iowa State University

ITC – Iowa Total Care

MOU – Memorandum of Understanding

NACDD – National Association of Chronic Disease Directors

NCOA – National Council on Aging

OT/OTA – Occupational Therapy / Occupational Therapy Assistant

PAVS – Physical Activity Vital Sign

PD – Police Department

PPSI – Partnerships in Prevention Science Institute

SDOH – Social Determinants of Health

SNAP – Supplemental Nutrition Assistance Program

STEADI – Stopping Elderly Accidents, Deaths & Injuries

UI – University of Iowa

USAging – U.S. Aging (national association)

U-TuRN – Iowa State University Translational Research Network