

12TH ANNUAL IOWA FALLS PREVENTION COALITION SYMPOSIUM

PREVENTION WEEK AWARENESS TO ACTION

SEPTEMBER 24, 2026 • 9 a.m. – 3 p.m.

ONLINE VIA ZOOM



PURPOSE

To strengthen falls prevention knowledge among professionals who care for older adults across a variety of care settings.

WHO SHOULD ATTEND?

Health care practitioners interested in falls prevention.

REGISTRATION

All attendees must register for the symposium online. **There is no registration fee.** Please use Google Chrome to open the link.

Registration link:
<https://www.zeffy.com/en-US/ticketing/12th-annual-iowa-falls-prevention-coalition-virtual-symposium>

CANCELLATION

To cancel your registration, please contact Bailey Rickels, bailey-rickels@uiowa.edu.

IOWA
HEALTH CARE

nco | **FallsFree**
national council on aging. | Iowa Falls Prevention Coalition

Agenda & Presenters

Registration link: <https://www.zeffy.com/en-US/ticketing/12th-annual-iowa-falls-prevention-coalition-virtual-symposium> 

Each session is worth 1 CME credit.

9–10 a.m.

Optimizing Bone Health Across the Lifespan

Lisa Muncy-Pietrzak, MD

Lisa.Muncy-Pietrzak@va.gov

Physician, Iowa City VA Health Care System, Iowa City, IA

Objectives

- Identify appropriate candidates for osteoporosis screening
- Select risk-stratified pharmacologic therapy
- Evidence-based calcium, vitamin D, and nutritional, and movement strategies

10–11 a.m.

How Cross-Sector Partnerships Create Healthier Communities

Ryan Doyle, BA, ME

rdoyle@cdcfoundation.org

Public Health Analyst, CDC Foundation, Ames, IA

Objectives

- Describe how cross-sector partnerships among healthcare, public health, community organizations, and people with lived experience can strengthen community health initiatives and improve outcomes.
- Recognize opportunities to strengthen collaboration, community-clinical partnerships, and referral pathways across organizations serving individuals with complex health and social needs.
- Identify practical strategies for breaking down silos, leveraging complementary expertise, and engaging diverse stakeholders in coalition and community health efforts.

11 a.m.–12 p.m.

Food Is Medicine: Nourishing Stability and Wellness in Aging

Bambi Ramsey, BS

bambi.ramsey@hhs.iowa.gov

Healthy Aging Director, Iowa Department of Health and Human Services, Des Moines, IA

Objectives

- Recognize how proper nutrition supports falls prevention.
- Understand key nutrition needs of older adults.
- Identify practical ways to help older adults access proper nutrition.

12–12:15 p.m.

Integrating Nutrition into Falls Prevention: The Fresh Produce Box Initiative

Adria Huseth, RD, LD, CPT

ahuseth@chpcommunity.org

Functional Dietitian, Iowa Community HUB, Urbandale, IA

Objectives

- Explain the rationale for pairing nutrition support with evidence-based falls prevention programs.
- Describe how the Iowa Community HUB integrates fresh produce boxes into community-based falls prevention programs.
- Discuss how the initiative strengthens program delivery by increasing participant engagement, improving retention, and supporting referral growth.

12:15–1 p.m. LUNCH

1–2 p.m.

Fall Resilience vs. Fall Prevention: What is Our Goal?

Jake Raecker, DPT

jake.raecker.dpt@gmail.com

Physical Therapist, Age On - The Gym for Older Adults, Iowa City, IA

Objectives

- Attendees will be able to describe “reactive balance” and the implications of this skill for reducing fall risk.
- Attendees will appreciate that fall mechanics and fall landing strategies are skills that can be taught, learned, and retained.
- Attendees will understand why fear of falling can relate to fall risk and self selected reductions in physical activity.

2–3 p.m.

Falls & Brain Injury: Understanding the two-way connection

Maggie Ferguson, MS

Maggie.ferguson@hhs.iowa.gov

Project Director, Iowa Department of Health and Human Services (Iowa HHS), Des Moines, IA

Objectives

- Discuss the increased risk of subsequent falls faced by individuals with prior TBI
- Identify a screening tool for identifying history of brain injury
- Understand the incident rates of falls leading to a brain injury and the prevalence of brain injury in Iowa.



In support of improving patient care, this activity has been planned and implemented by the University of Iowa Roy J. and Lucille A. Carver College of Medicine and Iowa Department of Health and Human Services and Iowa Falls Prevention Coalition. The University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Dietitians

Completion of RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).

If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Nurses

The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this activity for a maximum of 5.25 ANCC contact hours.

Pharmacists

The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this knowledge-based activity for a maximum of 5.25 ACPE contact hours. Credit will be uploaded to the NABP CPE Monitor within 60 days after the activity completion. Pharmacists must provide their NABP ID and DOB (MMDD) to receive credit. UAN: JA0000310-9999-26-057-L05-P

This symposium is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$150,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Physicians

The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 5.25 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Health Care Providers

A certificate of participation will be available after successful completion of the course. It is the responsibility of licensees to determine if this continuing education activity meets the requirements of their professional licensure board.

