

# South Dakota State University & North Dakota State University Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this three-year capacity-building grant are to do the following:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The South Dakota State University (SDSU) & North Dakota State University (NDSU) and their partners will do the following:

- Collaboratively work across two state's university extension programs to increase capacity for evidence-based falls prevention programs in rural regions of SD and ND;
- Implement the Fit & Strong! program to promote physical activity and address the pre-cursors to falls; and

- Develop an advisory council of partners to guide the implementation, expansion, and sustainability of evidence-based programs.

## Proposed Interventions

- Fit & Strong!

## Partnerships

To achieve the goals of the grant, SDSU & NDSU will collaborate with the following key partners:

- North Dakota State Unit of Aging
- South Dakota Game, Fish and Parks
- South Dakota Department of Health
- South Dakota Department of Human Services, Division of Long-Term Services and Supports
- Center for Research in Health and Aging at the University of Illinois, Chicago
- Community partners including community centers, health care clinics, and chambers of commerce, among others

Prevention and Public Health Fund 2019, effective May 1, 2019

## Anticipated Results

SDSU, NDSU and their partners propose to achieve the following results:

- Engage 300 participants in Fit & Strong! classes;
- Achieve a 75% participant completion rate;
- Train 4 Fit & Strong! Master Trainers and 18 Fit & Strong Instructors; and
- Show significant change following participation in evidence-based programs, including a decrease in lower-extremity pain and lower-extremity stiffness, an increase in energy, and an increase self-efficacy for exercise.

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### For more information:

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