

2024 Forum on Rural Population Health & Health Equity



Community Balance and Fall Prevention Program of Walla Walla County

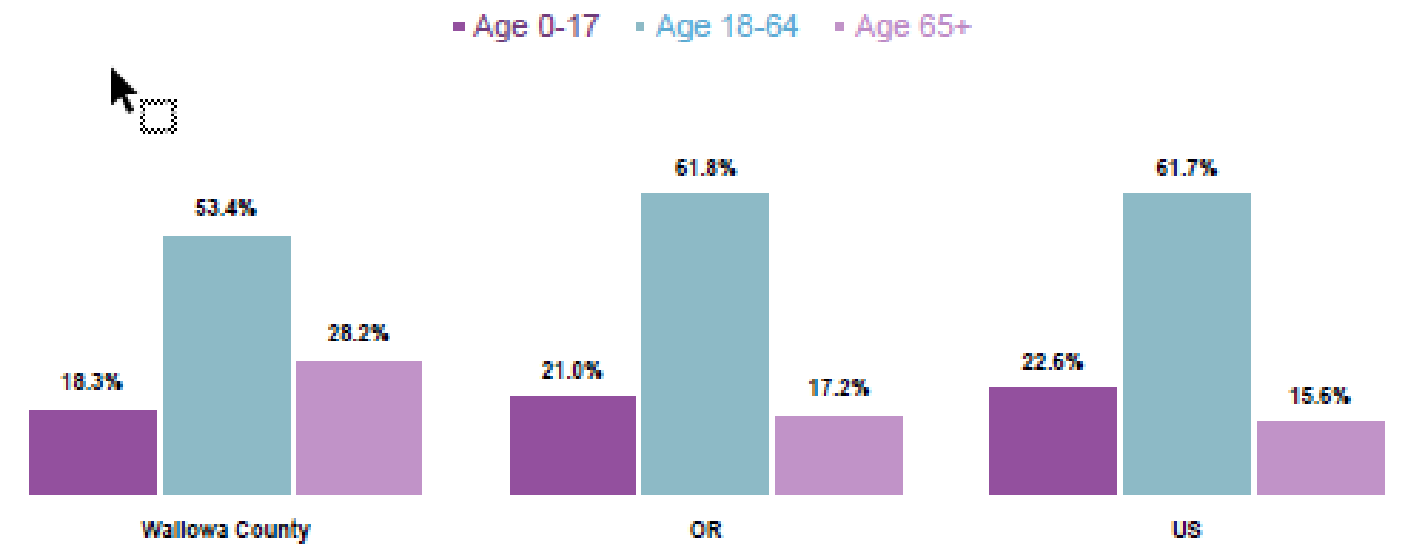
Stacey Karvoski - Quality Director, Walla Walla Memorial Hospital
Brooke Pace - Communications and Experience Director, Walla Walla Memorial Hospital

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- Audio has been muted for all participants upon entry
- Moderators will assist with Q+A at the end of the presentation
- Presentation slides will be posted at ohsu.edu/orhforum
- Sessions will be recorded and available to attendees
- Please take the session surveys!



Total Population by Age Groups
(2015-2019)

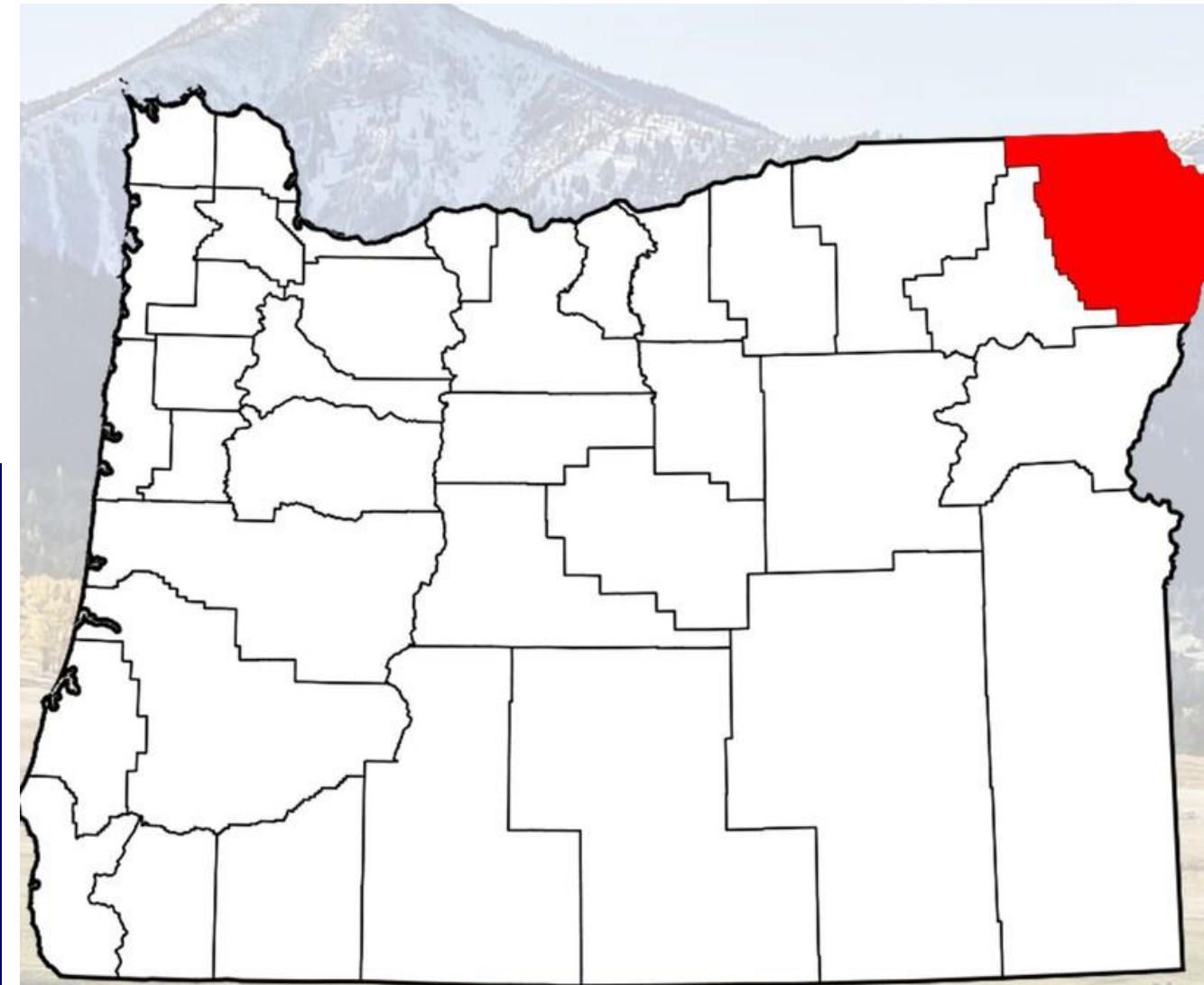


Sources:

- US Census Bureau American Community Survey 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved December 2021 via SparkMap (sparkmap.org).

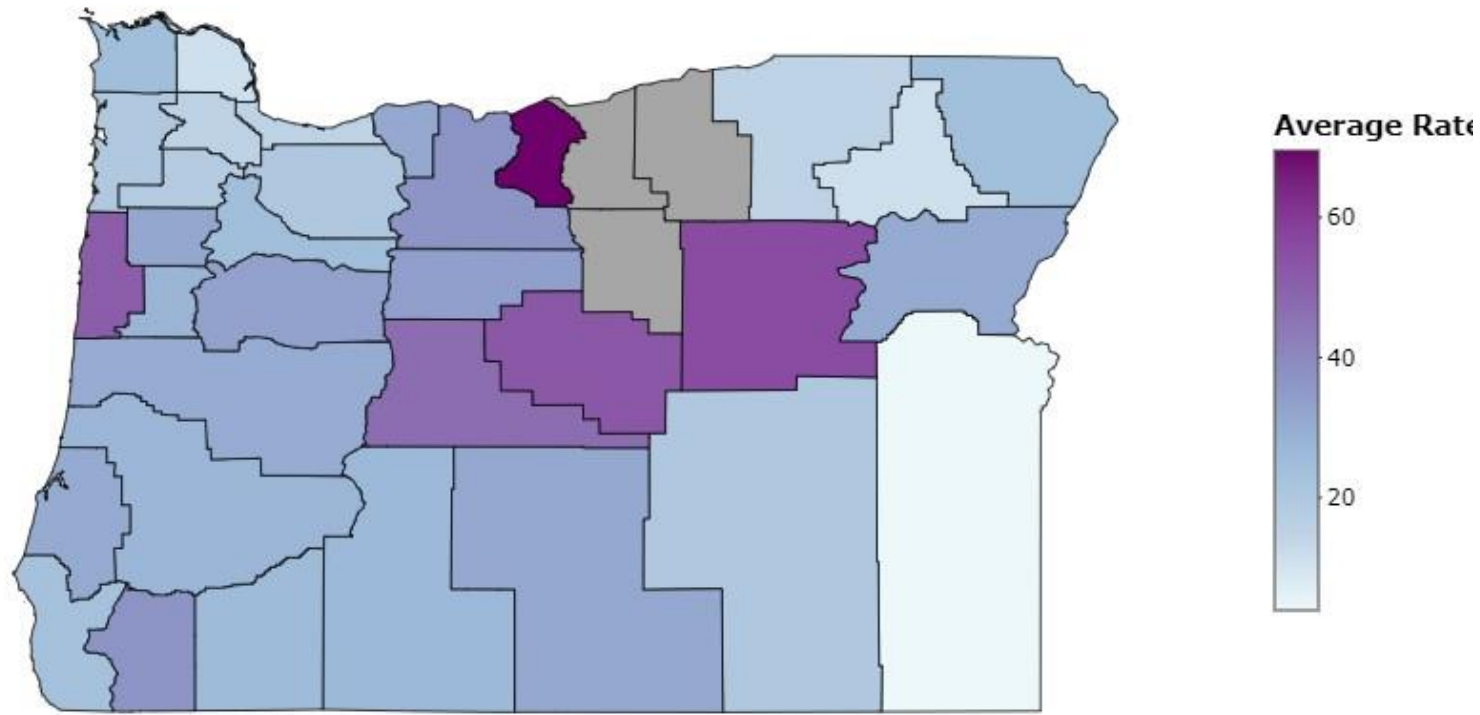
Setting the Stage

Community Assessment
Target Population
Cultural Values

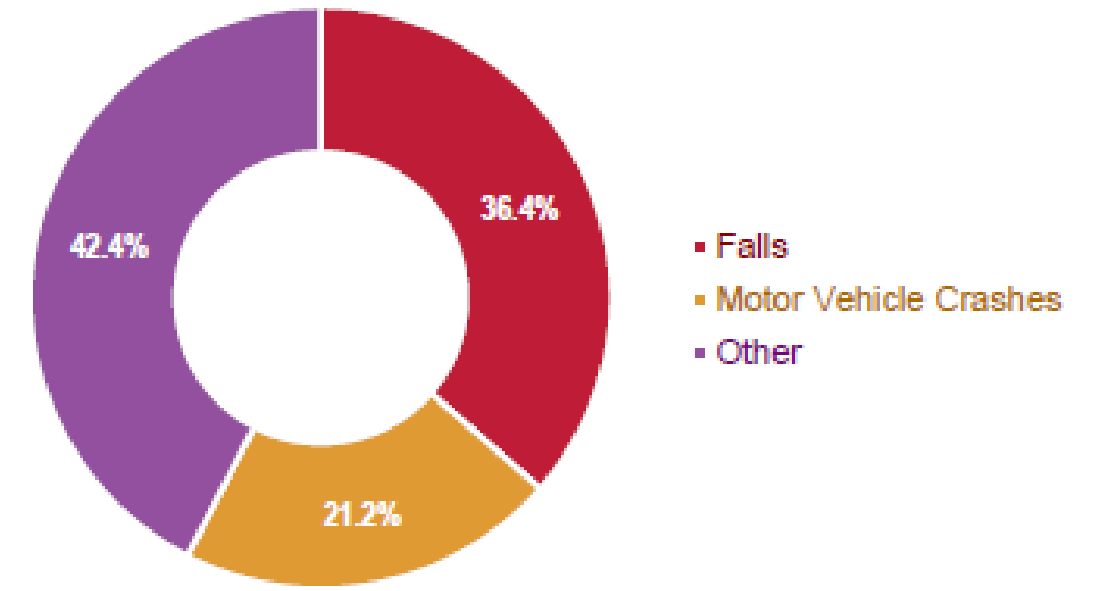


Average Fatal Injury Rate (2019-2022)

Injury Type: Fall



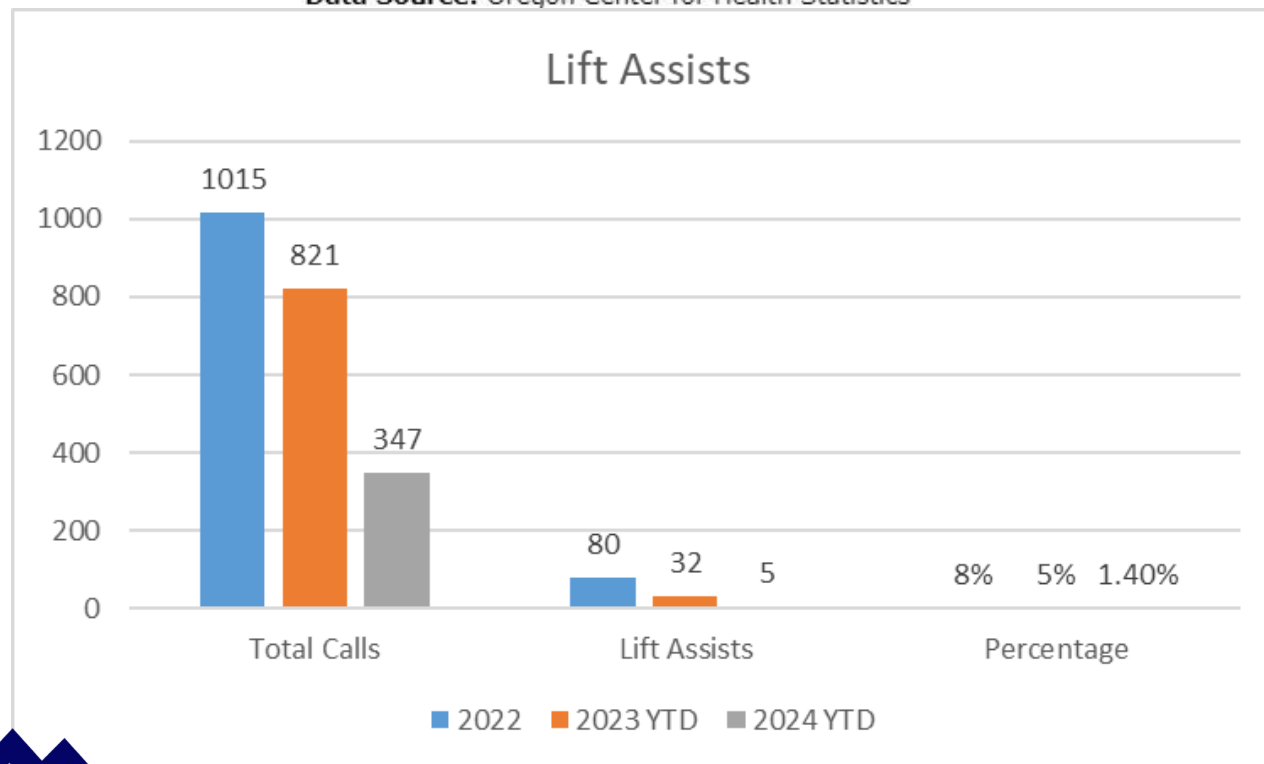
Leading Causes of Unintentional Injury Deaths (Wallowa County, 2011-2020)



Sources: CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted December 2021.

Supporting Data

Rates are calculated per 100,000 Oregon residents.
Data represent average yearly injuries over 4 years (2019-2022).
Data Source: Oregon Center for Health Statistics



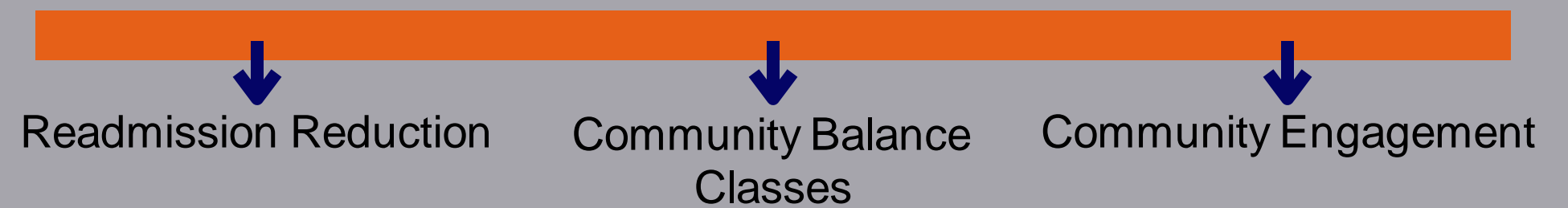
Age-Adjusted Death Rates for Selected Causes (2018-2020* Deaths per 100,000 Population)

	Wallowa County	Oregon	US	HP2030
Malignant Neoplasms (Cancers)	123.1	147.1	146.5	122.7
Diseases of the Heart	120.2	131.1	164.4	127.4**
Falls [Age 65+]	109.2	99.1	61.6	63.4
Unintentional Injuries	67.2	47.2	51.6	43.2
Chronic Lower Respiratory Disease (CLRD)	28.0	37.5	39.1	—
Cerebrovascular Disease (Stroke)	27.6	39.1	37.6	33.4
Intentional Self-Harm (Suicide)	24.8	18.2	13.3	12.8
Diabetes	17.3	23.6	21.7	—
Pneumonia/Influenza	13.5	9.1	14.4	—

Sources: CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted December 2021.
US Department of Health and Human Services, Healthy People 2030, August 2030. <http://www.healthypeople.gov>.
*Rates reflect 2018-2020 deaths or most recent available.
**The Healthy People 2030 Heart Disease target is adjusted to account for all diseases of the heart.

Program Strategies

Data shows that balance and fall prevention activities can help to reduce injuries in people over the age of 65 by 37%, reduce falls that lead to serious injuries by 43% and reduce the number of broken bones sustained from falls by 61% (LeWine, 2013).





Readmission Reduction

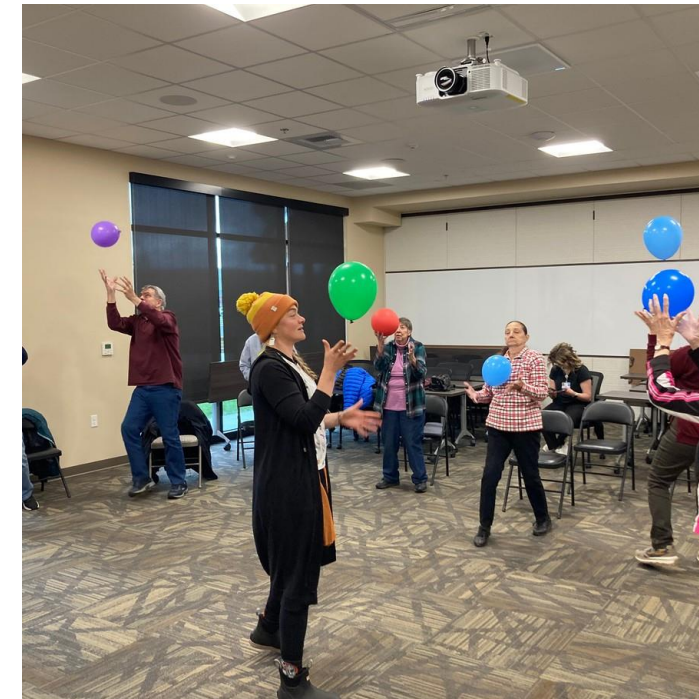
Trauma Committee

Ambulance Lift Assists

Guideline Driven Management

Therapy Committee

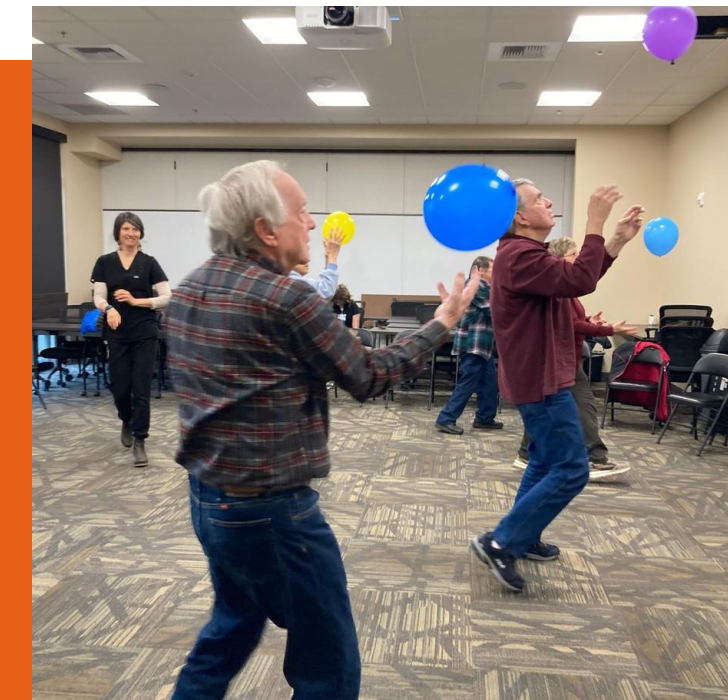
Community Balance Class



Balance Class Creation

Berg Balance Scale

Primary Care Involvement



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"The instructors are doing such a fantastic job. Their patience is amazing. I had a real setback when my husband of 60 years passed away suddenly. This class has helped me tremendously. Thank you Wallowa Memorial Hospital for offering this class. It has done so much to help improve my balance"

-Rita Euhler (83 yrs of age)



Community Engagement

Outdoor Fitness Trail

Marketing

Outreach

PROGRAM ANALYSIS



Questions?

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Thank you to our partners!

