



# NATIONAL & STATE RESOURCES

## **Iowa Department on Aging**

[www.iowaaging.gov/falls-prevention](http://www.iowaaging.gov/falls-prevention)

- Falls Prevention information
- Evidenced-based programs with links to web sites
- Find classes and instructors for A Matter of Balance, Tai Chi and Stepping On

## **National Council on Aging**

[www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention)

- Tips for older adults and caregivers
- Information resources on Falls Prevention Awareness Day
- Falls prevention programs

## **Iowa Department of Public Health**

[www.idph.iowa.gov/falls-prevention](http://www.idph.iowa.gov/falls-prevention)

- Fall Statistics in Iowa (2009-2013) by County
- Unintentional Fall Injuries Indicators (2008-2012)
- Additional Fall Prevention Program information

## **Frontiers in Public Health**

[www.journal.frontiersin.org/researchtopic/evidence-based-programming-for-older-adults](http://www.journal.frontiersin.org/researchtopic/evidence-based-programming-for-older-adults)

- 25 commentaries and 35 full length articles mostly on Chronic Disease Self-Management and fall prevention programs

## **National Institute on Health Senior Health**

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

- Health information for older adults, including information about exercise and physical activity.

## **National Institute on Aging Information Center**

[www.nia.nih.gov/health](http://www.nia.nih.gov/health)

## **Centers for Disease Control and Prevention**

[www.cdc.gov/homeandrecreationalafety/falls/index.html](http://www.cdc.gov/homeandrecreationalafety/falls/index.html)

## **Fall Prevention Center of Excellence**

[www.stopfalls.org](http://www.stopfalls.org)