

# Giving Back

P.O. Box 791339

Paia, HI 96779

808-573-3109

August 4, 2009

## **Summary of the Giving Back® Fall Prevention Project (GBFPP) improves lower and upper body strength, aerobic endurance, lower and upper body flexibility, agility and dynamic balance in Older Adults.**

The Giving Back® Fall Prevention Project was modified and piloted in elderly who attend a senior center on Maui. The Hawaii Dept of Health's Maui office was asked to evaluate the program as close as possible to a cost-benefit format. While there is currently no efficacy data (health cost aversion) for GBFPP, another exercise program for elderly Enhanced Fitness shows a 20% reduction in medical costs for participants who meet a minimum criteria of attendance. Using standardized fitness tests as a surrogate marker we showed that GBFPP is at least as efficacious as EF. We assumed that the comparability of fitness markers imply similar averted health costs. Using the observed 76% attendance rate and the annual program cost of \$28,650 for 38 participants at 5 programs, the annual investment to return ratio was 1:3.4.

The most notable findings were:

- Increases in the ability of participants to move from sitting to standing than before GBFPP.
- Increases in the ability of participants to march in place raising the knees to a required height than before GBFPP.
- Improvements in the ability to stretch and reach the toes.
- Improvement in ability to reach and touch finger tips behind the back.
- Improvement in the ability to do bicep curls than before GBFPP.
- Improvement in the ability to get up from a seated position, walk, turn and return to start.

The Giving Back® Fall Prevention Project was implemented by Giving Back, a non-profit organization on Maui whose vision is unite the strengths of trained elder mentors and frail elders to improve each other's strength, flexibility, endurance, balance, coordination, self-esteem, self-efficacy and emotional well-being. GBFPP was designed specifically to improve physical well-being and cognitive functioning among our elders and to enhance their independence and self-sufficiency in the Maui community. For more information about the BGMP, please visit the Giving Back website at:

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

**Dr. Lorrin Pang**, the independent evaluator of the BGPM, is the Director of the Maui District Health Office. Injury Prevention and Control Program of the Hawaii State Department of Health requested the evaluation. The full 7-page evaluation is available.