

2.2. Pilot project to promote fall prevention project in Hwaseong City

1) Project background

- The mortality rate due to falls is the third leading cause of injury among the injury mortality rate of Hwaseong citizens and requires intensive management. In 2021, the mortality rate of falls was highest among those aged 65 and older at 8.9 per 100,000 people.
- Looking at the elderly population status of Hwaseong City by region in 2022, the eastern region was a younger region with less than 7.0% of the total population, but the western region was an older one with elderly population of 14.6%. Therefore, a pilot project was conducted for citizens aged 45 and over in the western part of Hwaseong, where the proportion of the elderly population is high.

2) Project details

- At the Seosin Center and Wujeong Center of Hwaseong City Wellness and Public Health Clinic, the project beneficiaries are counseled after checkup including balance and body composition tests and questionnaires. Subsequently, fall prevention classes were held to provide access to exercise using small tools, musculoskeletal disease prevention exercises for local residents, and lower body and flexibility promotion exercises, and post-measurement and satisfaction surveys were conducted.

3) Project performance

- The program operated for 12 months, from January to December 2022, with a total of 446 participants. During the pre- and post-intervention measurements, 143 participants showed improvement in body composition analysis with a 32.1% change rate.
- Specifically, the results of the pre- and post-measurement of the first item of the balance ability assessment, TETRAX, showed improvement in 47 individuals, with a 23.6% improvement rate compared to the pre-assessment. The pre- and post-measurement results of the second item of the balance ability assessment, the Gait Performance Test (GPA), showed improvement in 121 individuals, with a 49.0% improvement rate.



Figure 13. [Good Practice 2] Diffusion Model for Elderly Fall Prevention Project in Hwaseong City