

One of the goals of Priority Area #1 (Chronic Disease Prevention and Self-Management) within the Community Health Improvement Plan (CHIP) is to support healthy lifestyles through the promotion of nutrition, physical activity, and disease prevention. Our partners are doing impactful work in this area to help achieve this goal!

These programs aim to educate and empower older adults to prevent falls and stay safe. By working together, we can make a significant impact in reducing fall-related injuries and fatalities. Please don't hesitate to reach out if you have information on other fall prevention programs or any questions.

Click on the hyperlinks and distribute these flyers across your networks to maximize their reach and impact.

Health Care District- Free Tai Ji Quan (Tai Chi) classes

Starting September 18th, weekdays from 8:30- 9:30 am at the South County Civic Center

- [English Flyer](#)
- Spanish Flyer (coming soon!)

Area Agency on Aging- Presentations & Multiagency Health Fairs

Fall Prevention Presentations from 10:30 am to 11:30 am

- September 18th at the [Mid County Senior Center](#)
- September 21st at the [West County Senior Center](#)

Will include discussions on hydration, nutrition, muscle strengthening and more!

[Multi-Agency Falls Prevention Fair & Education Series](#)

Offering free screenings and information on: Balance and Exercise, Medication Safety, Hearing & Vision, Blood pressure, Caregiver Support, Grocery Assistance, and more

Happening at five different locations across the county:

- [Sept 6th, Gaines Park \(West Palm Beach\), 11 am - 2 PM](#)
- [Sept 15th, Royal Palm Beach Rec Center, 10 am - 1 pm](#)
- [Sept 19th, The Volen Center \(Boca Raton\), 10 am - 1 pm](#)
- [Sept 27th, North Palm Beach County Senior Center \(Palm Beach Gardens\), 10 am - 1 pm](#)
- Sept 28th, Eddie Lee Rhoads Gymnasium (Pahokee), 9 am - 12:30 pm (individual flyer not currently available, please see general flyer)

Thanks to the dedication of the Palm Beach County Community Health Advisory Council, the CHIP is a thorough and executable plan that Palm Beach County partners and stakeholders can use to guide community health planning activities in the coming years. We invite you to review this Plan and consider how you can engage in these efforts to create a healthier Palm Beach County!

Read the full Community Health Improvement Plan by clicking the image or at the button below!

[Read More](#)

Send questions or additional resources to planning@hcsef.org

Call to Action: Preventing Unintentional Falls in Palm Beach County

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Falls are a significant public health concern and a leading cause of injury-related deaths among Palm Beach County and Florida residents aged 65 and older. While falls may not always be fatal, they can have negative consequences such as loss of independence related to injury and increased stress on the individual and their support systems (Centers for Disease Control and Prevention, National Center for Injury Prevention and Control- [Older Adult Fall Prevention](#)). By reducing the chances of falls, we can help older adults in our community stay independent and enhance their overall quality of life.

Did you Know?

According to FLCHARTs, in 2021, in Palm Beach County:

- The **rate of deaths due to unintentional falls in Palm Beach County was 10.9 out of every 100,000 residents**, slightly lower than the rate in Florida (11.8 per 100,000 population).
- **For every 100,000 people in Palm Beach County, 63.4 years of potential life were lost due to unintentional falls.** This is greater than the rate for Florida (57.7 years of potential life lost per 100,000 population).
- Falls were a significant reason for deadly injuries in Palm Beach County from 2017 to 2021, affecting people of all ages. **In 2021, falls ranked as the 4th leading cause of fatal injuries in the county**, causing 13.3 fatal injuries for every 100,000 residents.
- **Among people aged 65 and older, falls were the top cause of fatal injuries in Palm Beach County. There were 316 deaths due to unintentional falls in Palm Beach County in 2021** among this age group, but specific rates for this category are not available.

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