

Evaluation performed by Dr. Lorrin Pang, Director of the Maui District Health Office. The following is a summary.

Title: The Giving Back® Fall Prevention Project (GBFPP) [now called Move With Balance®] improves lower and upper body strength, aerobic endurance, lower and upper body flexibility, agility, and dynamic balance in Older Adults.

The Study: The Giving Back® Fall Prevention Project was modified and piloted in elderly who attend a senior center on Maui. The Hawai'i 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 percent reduction in medical costs for participants who meet a minimum criterion of attendance. Using standardized fitness tests as a surrogate

- We assumed that the comparability of fitness markers imply similar averted health costs. Using the observed 76 percent 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 nonprofit 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.

Full evaluation is available.