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KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

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Testimony in SUPPORT of HB1772
RELATING TO FALLS PREVENTION

REP. LISA MARTEN, CHAIR
REP. TEREZ AMATO, VICE CHAIR
HOUSE COMMITTEE ON HUMAN SERVICES

Testimony of Caroline Cadirao
Director, Executive Office on Aging
Attached Agency to the Department of Health

Hearing: Thursday, January 31, 2024, 9:00 A.M., Conference Room 329

- 1 **EOA Position:** The Executive Office on Aging (EOA), an attached agency to the Department of
- 2 Health (DOH) **supports** the intent of this measure.
- 3 **Fiscal Implications:** Appropriates funds to support the Department of Health's Senior Fall
- 4 Prevention Campaign. Declares the general fund expenditure ceiling is exceeded.
- 5 **Purpose and Justification:** Falls are a serious health risk for older adults, as it can lead to
- 6 fractures, pain, medication complications, loss of mobility and long -term care admission.
- 7 According to the CDC in 2020, 36,000 fall related deaths in adults, ages 65 and older was
- 8 reported, making it the leading cause of injury death for that age group. Many falls are
- 9 preventable, and education is key. The Department of Health, Falls Prevention Program has
- 10 successful falls prevention campaign with the CDC stating that we have the lowest fall and

- 1 injury rate in the nation. The funding will allow the DOH to continue its public awareness
- 2 campaign.
- 3 **Recommendation:** EOA supports this measure to fund a public health campaign for falls
- 4 prevention.
- 5 Thank you for the opportunity to testify.



DISABILITY AND COMMUNICATION ACCESS BOARD

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February 1, 2024

TESTIMONY TO THE HOUSE COMMITTEE ON HUMAN SERVICES

House Bill 1772 – Relating to Fall Prevention

The Disability and Communication Access Board (DCAB) supports House Bill 1772 – Relating to Fall Prevention.

This bill would appropriate funds to support the Department of Health's Senior Fall Prevention Campaign.

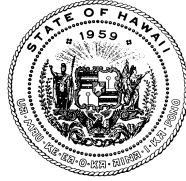
Fall related injuries disproportionately impact the elderly, often resulting in a long term disability. This impacts their quality of life and puts a strain on the medical system, the rehabilitation system, and on family caregivers. Reducing the incidence of falls has short and long term positive effects.

Thank you for considering our position.

Respectfully submitted,

KIRBY L. SHAW
Executive Director

DAVID Y. IGE
GOVERNOR OF HAWAII



VIRGINIA PRESSLER,
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LATE

LATE

**Testimony COMMENTING on HB 1772
Relating to TO FALL PREVENTION**

REPRESENTATIVE LISA MARTEN, CHAIR
COMMITTEE ON HUMAN SERVICES

Hearing Date: 2/01/24, 9:00am

Room Number: 329

- 1 **Fiscal Implications:** Appropriates funds to support the Department of Health's Senior Fall
- 2 Prevention Campaign.
- 3 The Department respectfully defers to the Governor's Executive Biennium Budget
- 4 **Department Testimony:** The Department of Health comments on HB1772. The Bill
- 5 appropriates \$100,000 or so much thereof as may be necessary for fiscal year 2024-2025 for the
- 6 department of health's senior fall prevention campaign.
- 7 The Department of Health supports the intent of this bill. Every year Hawaii's seniors experience
- 8 significant mortality and morbidity from falls. This measure would add to the department's fall
- 9 prevention program to include Statewide Public Service Announcements (PSA) about fall
- 10 prevention, fall prevention bus posters, statewide medication reviews for seniors through local
- 11 pharmacies, statewide home safety workshops aimed at removing fall hazards from the home,
- 12 and statewide Tai Chi classes for living with arthritis and fall prevention. The department will
- 13 sponsor fall prevention consortium speakers.
- 14 If appropriated, funds for kupuna fall prevention campaign will benefit Hawaii's elderly by
- 15 reducing injuries, healthcare costs, stress, and anxiety.
- 16 Thank you for the opportunity to testify.



CATHOLIC CHARITIES HAWAII

TO: Representative Lisa Marten, Chair
Representative Terez Amato, Vice Chair
Committee on Human Services

FROM: Rob Van Tassell, President and CEO

DATE: Thursday, February 1, 2024 (9:00 a.m., Conference Room 329 & Videoconference)

RE: **IN SUPPORT OF HB 1772, Relating to Fall Prevention**

Catholic Charities Hawai'i (CCH) is a tax exempt, non-profit agency that has been serving people in need in the State of Hawaii since 1947.

CCH supports HB 1772, which would provide funding to support the Department of Health's **Senior Fall Prevention Campaign**.

CCH provides services for over 4,000 older adults each year. From hip/shoulder/wrist fractures to traumatic brain injury, the consequences of a fall for a frail older adult can be devastating. Because fall prevention is so critical to independent living, our Lanakila Multi-Purpose Senior Center has integrated a fall risk assessment for every participating older adult – when they join the center and annually thereafter. In addition tai chi, which is considered a form of exercise that improves balance, is offered at the Center, including a certified volunteer instructor who teaches the evidence-based Tai Chi for Arthritis and Fall Prevention.

The Senior Fall Prevention Campaign is needed to increase public awareness and education for older adults and their families. Making your home safe, activities to improve balance and strength are just some of the ways in which older adults, and caregivers, can proactively increase safety to prevent falls. Fall prevention can lead to reduced medical costs but most importantly, it will ensure that older adults are able to enjoy a better quality of life.

Catholic Charities Hawai'i asks for your support of HB 1772. For more information or questions, please feel free to email Diane Terada, Division Administrator, at 808-527-4702.

Thank you for this opportunity to provide testimony.





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The State Legislature
House Committee on Human Services
Thursday, February 1, 2024
Conference Room 329, 9:00 a.m.

LATE

TO: The Honorable Lisa Marten, Chair
FROM: Keali'i Lopez, State Director, AARP Hawaii
RE: Support for H.B 1772 -Relating to Fall Prevention

Aloha Chair Marten, Vice-Chair Amato, and Members of the Committee:

My name is Keali'i Lopez, and I am the State Director for AARP Hawai'i. AARP is a nonpartisan, social impact organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

AARP supports H.B 1772 which appropriates funds to support the Dept. of Health's Senior Fall Prevention Program.

According to the U.S. Centers of Disease Control and Prevention (CDC), "falls among adults aged 65 and older are common, costly, and are the leading cause of fatal and nonfatal injuries among older adults. In the United States, over 14 million, or one in four, adults ages 65 and older (older adults), report falling each year. While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated nine million fall injuries." In most cases, falls are preventable especially if people take steps to reduce the risks by making their homes safer, proper medications and health management, and engage in strength and balance exercises such as tai chi. The Hawaii Department of Health has had a successful senior fall prevention program that includes certified tai chi classes, and it has expanded these classes to over thirty locations and all YMCA5 statewide. Exercise programs like Tai-chi and other falls prevention education and awareness efforts should be continued and supported to reduce the risk of fall-related injuries especially among Hawaii's older residents.

Thank you very much for the opportunity to testify in **support of H.B. 1772.**