



CITY OF LONG BEACH

C-7

DEPARTMENT OF HEALTH AND HUMAN SERVICES

2525 GRAND AVENUE • LONG BEACH, CALIFORNIA 90815 • (562) 570-4000 • FAX: (562) 570-4049

November 17, 2015

HONORABLE MAYOR AND CITY COUNCIL
City of Long Beach
California

RECOMMENDATION:

Authorize the City Manager, or designee, to execute all necessary agreements and any subsequent amendments between the City of Long Beach and the California Department of Public Health to accept funding in the amount of \$31,587 for the period of January 1, 2016 through June 30, 2016 for a program specifically for Older Adult Fall Prevention. (Citywide)

DISCUSSION

Falls occur in 30-60 percent of older adults each year, and 20-30 percent of falls result in significant injury. Most of these falls are associated with one or more identifiable risk factors (e.g. weakness, unsteady gait, confusion and certain medications), and research has shown that attention to these risk factors can significantly reduce rates of falling. Considerable evidence now documents that the most effective fall reduction programs have involved systematic fall risk assessments, targeted interventions, living environment inspections, and exercise.

The California Department of Public Health (CDPH), Safe and Active Communities Branch (SACB) has funding from the Preventive Health and Health Services Block Grant for local health departments (LHDs) to advance older adult falls prevention. The City of Long Beach Department of Health and Human Services has been selected to receive funding to continue to support the Health Department's capacity for addressing older adult falls and promote prevention interventions in the Long Beach community.

The Older Adult Fall Prevention Program is offered as part of the Health Department's strategic plan goal of improving the health, function, and quality of life of older adults. The program consists of educating the community in fall prevention, and utilizing trained Health Department staff to conduct two 7-week fall prevention physical activity classes. It also requires that the Health Department send at least one staff person to the annual Fall Prevention conference in Oakland.

This matter was reviewed by Deputy City Attorney Linda Vu on October 28, 2015 and by Budget Manager Victoria Bell on October 29, 2015.

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TIMING CONSIDERATIONS

City Council action on this item is requested on November 17, 2015, in order to accept funding and continue program operations to meet required objectives.

FISCAL IMPACT

The total amount of the agreement is \$31,587 for the period of January 1, 2016 through June 30, 2016. Sufficient funds are budgeted in the Health Fund (SR 130) in the Department of Health and Human Services (HE). No match or in-kind service mandate is required, and there is no local job impact associated with this action.

SUGGESTED ACTION:

Approve recommendation.

Respectfully submitted,



KELLY COLOPY
DIRECTOR
HEALTH AND HUMAN SERVICES

APPROVED:



PATRICK H. WEST
CITY MANAGER