



# CITY OF LONG BEACH

# C-11

DEPARTMENT OF HEALTH AND HUMAN SERVICES

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April 21, 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 \$34,909, for the period of March 1, 2015 through September 30, 2015 for a program specifically for Older Adult Fall Prevention. (Citywide)

## DISCUSSION

Falls occur in 30-60 percent of older adults each year. 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 limited, one-time-only funding from the Preventive Health and Health Services Block Grant for local health departments (LHDs) to advance older adult fall prevention. The City of Long Beach Department of Health and Human Services (Health Department) has been selected to receive funding to increase 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 will be a new service that 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 training staff to conduct a 7-week fall prevention physical activity class.

This matter was reviewed by Deputy City Attorney Linda Vu on March 30, 2015 and by Budget Manager Victoria Bell on April 2, 2015.

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TIMING CONSIDERATIONS

City Council action on this item is requested on April 21, 2015, in order to accept funding and begin program operations to meet required objectives.

FISCAL IMPACT

The total amount of the agreement is \$34,909 for seven months. 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