

# CITY OF LONG BEACH

DEPARTMENT OF HEALTH AND HUMAN SERVICES

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

February 9, 2016

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 (CDPH) to accept additional funding in the amount of \$31,587, for a total amount of \$63,174, for the period of January 1, 2016 through June 30, 2017, for the Older Adult Falls Prevention Program. (Citywide)

## DISCUSSION

On November 17, 2015, the City Council authorized a grant agreement with the CDPH to accept funding in the amount of \$31,587 for the period of January 1, 2016 through June 30, 2016. However, on December 30, 2015, the State increased funding to \$63,174 and changed the term of the agreement to January 1, 2016 through June 30, 2017.

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 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 programming. The City of Long Beach Department of Health and Human Services (Health Department) was selected to receive funding to continue to support addressing older adult falls and promoting prevention interventions in the Long Beach community.

The Older Adult Falls 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 several seven-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 T. Vu on January 11, 2016 and by Budget Management Officer Victoria Bell on January 14, 2016.

TIMING CONSIDERATIONS

City Council action on this item is requested on February 9, 2016, in order to accept funding and continue program operations to meet required objectives.

FISCAL IMPACT

With the increase of \$31,587, the total amount of the agreement is \$63,174 for the revised period of January 1, 2016 through June 30, 2017. Sufficient funding for FY 16 is currently appropriated in the Health Fund (SR 130) in the Department of Health and Human Services (HE). Subsequent years' appropriations will be included as part of the annual budget process. No match or in-kind service mandate is required, and there is no local job impact associated with this action.

SUGGESTED ACTION:

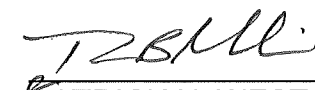
Approve recommendation.

Respectfully submitted,



KELLY COLOPY  
DIRECTOR  
HEALTH AND HUMAN SERVICES

APPROVED:



PATRICK H. WEST  
CITY MANAGER