



## Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

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### **KCHD's Service Spotlight: Senior Fall Prevention**

*KCHD encourages seniors to complete their Falls Free Check-Up*

*Knoxville, Tenn.* – It's Fall Prevention Awareness Week! To help kick off this week, the Knox County Health Department's Stay Active and Independent for Life (SAIL) program encourages older adults to complete a [Falls Free Check-Up](#) to quickly and easily assess their risk of falling and take steps to reduce that risk.

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans aged 65 and older fall each year. Falls have also resulted in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths. With just 12 questions featured on the Falls Free Check-Up, you can learn more about fall prevention tips and see if you're at risk.

S.A.I.L. classes are available for those 65 and older and are designed to prevent falls by focusing on strength, balance, flexibility and aerobics.

"Falls continue to be a major health risk for older adults, often causing injuries and reducing their ability to live independently," said KCHD Public Health Educator Rachel Frazier. "S.A.I.L. classes are proven to reduce the incidence of falls among older adults. Additionally, we have some exceptional, experienced instructors."

To view an example of a S.A.I.L. class and testimonials from seniors who have participated, visit the KCHD Senior Fall Prevention [website](#).

The Knox County Health Department is proud to offer instructor training and support to maintain the S.A.I.L. program locally and across the state. During the pandemic, KCHD has offered this training opportunity online, allowing for a more expansive outreach. For more information on S.A.I.L. instructor training, please contact KCHD health educator Rachel Frazier at 865-215-5175 or [Rachel.Frazier@knoxcounty.org](mailto:Rachel.Frazier@knoxcounty.org).

#### **About Knox County Health Department**

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. As a chief health strategist for the community and with more than 240 team members, KCHD's broad scope of work includes convening partners to improve community health, identifying community health threats, investigating disease outbreaks, conducting extensive outreach and education, preparing for public health





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emergencies, providing and connecting the public with medical care, enforcing food safety and air quality laws, and more. For more information, visit [www.knoxcounty.org/health](http://www.knoxcounty.org/health).

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