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Elderly Falls



Theory

## Closing the Gap: A Research Agenda to Accelerate the Adoption and Effective Use of Proven Older Adult Fall Prevention Strategies

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### Abstract

#### Introduction

To make an impact on the public's health, evidence-based interventions must be disseminated broadly, supported by training and technical assistance, adopted widely, and implemented as designed. Many effective older adult fall prevention interventions have been identified, but too few have gained wide community acceptance and little is known about the best ways to encourage their broader use. Therefore, as in many other fields, fall prevention suffers from a wide gap between scientific discoveries and their everyday use.

#### Method

This article articulates the key activities embedded in Step 4 of the public health model—specifically translation and dissemination to ensure widespread adoption and use—in order to illuminate critical research needs in older adult fall prevention.

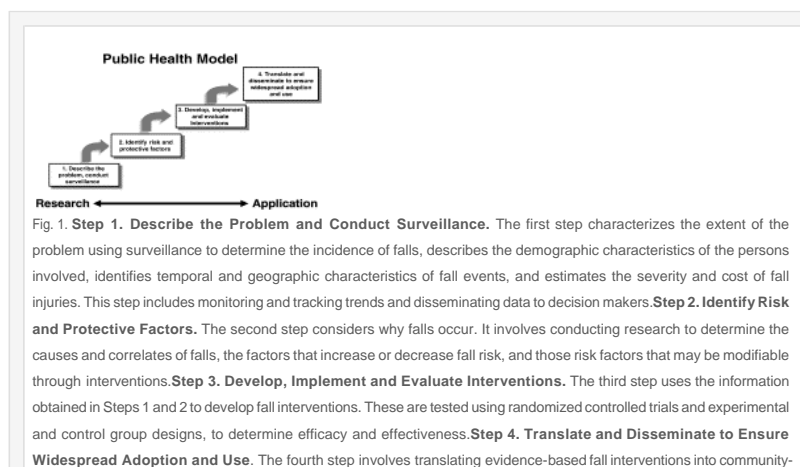
#### Conclusions

These needs, if addressed, will help close the gap between research and practice.

#### Keywords

fall prevention; dissemination; adoption; implementation; capacity building

Figures and tables from this article:



based programs and disseminating these programs to ensure broad adoption and implementation. Research at this step includes studies that focus on methods, structures and processes to encourage communities and policymakers to adopt evidence-based programs; on policies and laws that reduce falls; and factors that increase organizational and community capacity for tailoring, implementing, and sustaining interventions.\* Figure adapted from [Mercy et al. \(1993\)](#). Public health policy for preventing violence. *Health Affairs*, 12, 7 – 29.

Figure options



The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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