

# Cost and Follow-up Assessment of Fall Prevention Programs

## Information Collection Request

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Part B

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## **B. Collections of Information Employing Statistical Methods**

### **B.1. Respondent Universe and Sampling Methods**

Follow-up Assessment of AoA-funded Matter of Balance programs: We are seeking OMB Approval for the Matter of Balance Survey Instrument (Attachment 2). This instrument collects information at six-months post intervention on participants' self reported Health Status and Disability; Mental Health and Quality of Life; Matter of Balance Effects-Knowledge, Awareness and Self Efficacy; Exercise; and Falls. The data will be collected via telephone interview using a computer assisted survey instrument. Booz Allen will receive contact information for participants who attended a Matter of Balance program six months prior to the study from the Seattle Senior Services. Seattle Senior Services is providing data collection and data analysis services for AoA grantees on a brief assessment of outcomes given to participants on the last day of the course. Booz Allen interviewers will call those participants, verify contact information and eligibility information (See interviewer script at in Attachment 2) and then conduct our survey as a follow up at six-months post intervention planning. We estimate that 500 individuals will be screened to obtain the study sample size of 425 participants. The first 425 participants to consent and complete the interview will compose the final sample. Each participant will be assigned a random number to indicate order of attempt of the initial phone call

Cost Assessment of AoA-funded Fall Prevention Programs: For the cost assessment, State Coordinators will be asked to provide contact information for local Program Coordinators who will complete the cost tool. There are approximately eight AoA-funded Matter of Balance states and one AoA-funded state each for the Tai Chi: Moving for Better Balance and Stepping On programs. There are a total of approximately 200 local programs within the universe of AoA-funded states. We will sample all of the potential fall prevention programs at the community level for a total of approximately 200 Program Coordinator respondents.

The team has adopted the assumption that characteristics of the populations for each of the assessments is a normally distributed population. This assumption allows the team to validate the sample sizes as being representative of the population.

### **B.2. Procedures for the Collection of Information**

Follow-up assessment of AoA-funded Matter of Balance programs:

- ▶ To assess the maintenance of fall prevention behaviors, CDC's contractor, Booz Allen Hamilton, will screen telephone interviews of 500 Matter of Balance program participants six months after they have completed the program, and interview the first 425 participants who are deemed eligible for the assessment interview. The interview assesses participant knowledge and self-efficacy related to falls as taught in the course, activity and exercise levels, and self-reported falls both before and after the program. The results of the follow-up assessment will determine the extent to which preventive behaviors learned during the Matter of Balance program are maintained and can continue to reduce fall risk. Interviewers for the telephone survey will receive general interviewer training and training specific to the survey. Interviewers will be trained in contact procedures and how to administer the screener, consent, survey instrument and how to convert initial refusals to do the interview. Training exercises will include role-play and interactive activities.

- ▶ Attachment 2 provides the data collection instrument and the telephone verification script to verify that the respondent is the person who participated in Matter of Balance.
- ▶ Degree of Accuracy- The number of respondents we will contact based on funding will be 500 individuals for those screened; we expect to conduct 425 interviews. The criteria to identify sample participants are a random sampling process and are considered representative of the total population. We will achieve an 85% response rate for the telephone survey using refusal conversion techniques<sup>i</sup>; therefore 500 telephone calls will need to be made to obtain this sample.
- ▶ Unusual Problems- No unusual problems are anticipated.

#### Cost Assessment of AoA-funded Fall Prevention Programs:

- ▶ The cost assessment will calculate the lifecycle cost of the Stepping On, Moving for Better Balance, and Matter of Balance programs. The cost analysis will include calculating the investment costs required to implement each program, as well as the ongoing operational costs associated with each program. These costs will be allocated over a defined period of time, depending on the average or standard amount of time these programs continue to operate (standard lifecycle analysis ranges from five to 10 years). As part the lifecycle cost calculation, these data will allow us to compare program costs and to identify specific cost drivers, cost risks, and unique financial attributes of each program. Local Program Coordinators for the 200 sites in the AoA-funded states will collect the cost data using lifecycle cost spreadsheets that will be returned to CDC's contractor for analysis. Booz Allen Hamilton has been contracted by CDC to conduct the data collection and analysis.
- ▶ The attached excel file (Attachment 3) contains the cost assessment data collection tool.
- ▶ Degree of accuracy- The team intends to obtain full coverage of all local programs for a total of 200 completed cost assessment tools describing 200 local programs. There are approximately 150 AoA-funded Matter of Balance programs, 25 Tai Chi: Moving for Better Balance, and 25 Stepping On programs within the AoA-funded states. By going through State Coordinators and with support from AoA and NCOA, full coverage of all AoA-funded fall prevention programs is feasible.
- ▶ Unusual Problems- No unusual problems are anticipated.

### **B.3 Methods to Maximize Response Rates and Deal with Non-response**

#### Follow-up assessment of AoA-funded Matter of Balance programs:

Trained staff members with experience in public health surveys will conduct the telephone interviews. Interviewers will participate in a thorough training session. Topics will include the purpose of the study, contact procedures, question-by-question review of the screener, consent and survey instrument, ways to engage

<sup>i</sup> [http://www.cdc.gov/BRfss/training/interviewer/04\\_section/15\\_refusal.htm](http://www.cdc.gov/BRfss/training/interviewer/04_section/15_refusal.htm)

respondents, role-playing, and techniques to foster cooperation and completed surveys. Respondents will be given the opportunity to complete the study at another time and will be provided with a telephone number to call to speak with an interviewer.

Cost Assessment of AoA-funded Fall Prevention Programs:

State Coordinators, AoA, and NCOA will assist CDC in communicating the importance of the cost study to encourage full participation.

**B.4. Tests of Procedures or Methods to be Undertaken**

Follow-up assessment of AoA-funded Matter of Balance programs:

In order to pre-test the instrument, Booz Allen Hamilton will administer the telephone interviews to nine participants from the Maine Matter of Balance program. We will revise the instrument to reduce participant burden according to the feedback provided by pre-test participants. The data from the pretest will be destroyed after a thorough review and will not be used as part of the study. These participants will not be included in the study sample.

Cost Assessment of AoA-funded Fall Prevention Programs:

In order to pre-test the cost assessment spreadsheet, nine AoA-funded programs will complete the pretest of the cost assessment instrument and provide feedback for revisions to the assessment team. We will revise the instrument to reduce participant burden according to the feedback provided by pre-test participants. The data from the pretest will be destroyed after thorough review and will not be used as part of the study.

If the pre-tests indicate a need for changes to the information collection instruments, we will submit a modification to OMB reflecting the changes.

**B.5. Individuals Consulted on Statistical Aspects and Individuals Collecting and/or Analyzing Data**

CDC will consult with Lynn Beattie from NCOA and build relationships with state and local agencies in order to understand the context of these AoA-funded programs, and will identify analyses to be conducted. Booz Allen Hamilton will be responsible for conducting the assessments and analyses. Ms. Carianne Muse, a Booz Allen Hamilton Project Manager, will oversee the fiscal and technical aspects of the study and Ms. Joan Brooks (Booz Allen Hamilton) will be responsible for the cost assessment analysis. Booz Allen Hamilton will conduct the data analyses including frequencies, means, scale scores, scale correlations, scale reliability coefficients, and relevant multivariate analyses for testing the hypotheses specified by CDC.