



PENNSYLVANIA

The **Preventive Health and Health Services (PHHS) Block Grant** provides funding for health problems in Pennsylvania that range from heart disease and stroke to unintentional injury deaths. PHHS Block Grant dollars fund nine different Pennsylvania health programs. A significant amount of the funding directly provides support to local communities.

The **Preventive Health and Health Services (PHHS) Block Grant** funds allow Pennsylvania to use dollars **where** we need them, **when** we need them to protect the public's health. The major focus of Pennsylvania's use for these funds is directed towards developing chronic disease prevention and risk-reduction programs based on data-driven needs in the state. Programs that serve our state's unique health needs through the PHHS Block Grant include the following:



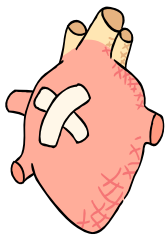
Unintentional Injury Deaths—Injury Prevention

PHHS Block Grant funds are the sole source of injury prevention funds for the Department of Health to implement bicycle safety programs in the six Department of Health districts, ten municipal health departments, and 17 SAFE KIDS grantees. The targeted population is children ages 5–15 years old and low-income families. By distributing 7,650 bicycle helmets at an average cost of \$10 each for an annual investment of about \$76,500, \$2.2 million can be saved in medical costs alone. In 2003, there was a 4.6% increase in the proportion of children ages 5–15 years old who always use a helmet when riding a bicycle (56.2% up from 51.6% in 2002).



Tuberculosis (TB)—Tuberculosis Control Program

PHHS Block Grant funds are used to ensure that services are readily available to evaluate, treat, and monitor TB patients, regardless of the patient's ability to pay. Among infectious diseases, TB remains the second leading killer of adults in the world with more than two million TB-related deaths each year. PHHS Block Grant funds rapid diagnostic testing protecting the health of the public by rapid identification of infectious TB. It supports the Philadelphia Department of Public Health's TB Program which manages about 40% of the Commonwealth's TB cases.



Coronary Heart Disease and Stroke—Heart Disease and Stroke Program

The PHHS Block Grant is the sole source of funding for the Department of Health to increase public awareness of coronary heart disease, stroke, and their risk factors to reduce personal risk for a first or subsequent heart attack or stroke. The program works to foster systems changes for improved adherence to recognized prevention and treatment guidelines. Heart disease and stroke are the leading and third leading causes of death, yet they are primarily preventable diseases. In 2003, almost 16,000 Pennsylvanians were hospitalized for heart attacks, alone, at an estimated financial cost exceeding \$400 million. About 24,315 Pennsylvanians were hospitalized for stroke at an estimated cost of \$588 million.

Commonwealth of Pennsylvania Department of Health

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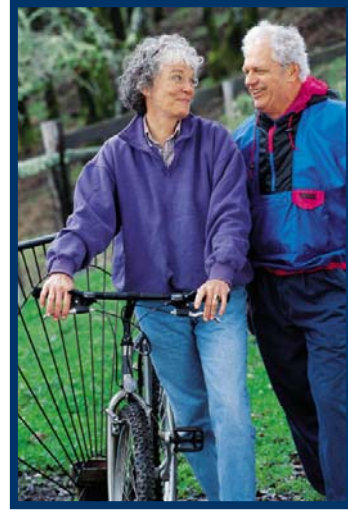
www.health.state.pa.us/preventivehealthblockgrant

How PHHS Block Grant Dollars Help the Elderly in Pennsylvania Keep Their Independence

Issue:

Living life to the fullest does not stop when you grow older, but it can for those who suffer from a fall or injury.

- According to the Pennsylvania Department of Aging, there are more than 2.4 million adults over age 60 in Pennsylvania, a number that is expected to grow to 3 million by 2020.
- Pennsylvania ranks third among states in the percentage of adults over age 65, behind only Florida and West Virginia.
- Nationally, according to the Temple University Institute on Aging, about 50 percent of older persons who are hospitalized due to a fall do not return to independent living; they often require long-term care or nursing home admission.
- In 2003, Pennsylvanians age 65 and older accounted for 79% of the deaths and 72% of hospitalizations related to falls.
- In 2001, government funds paid for 58.8% of hospitalization costs for fall-related injuries in Pennsylvania, totaling \$591 million; including Medicare funds (47.3%) in the amount of \$485 million.
- Medical costs from these injuries and fatalities were more than \$1.2 billion in 2001.



Intervention:

Thanks to Preventive Health and Health Services Block Grant funding, the Pennsylvania Department of Health was able to partner with the Temple University Institute on Aging to provide training on how to prevent or reduce falls in the older population. Dr. Roberta Newton, Temple University, developed a HEROS (Health Education Research and Outreach for Seniors) training manual and conducted a train-the-trainer program in Harrisburg, PA. The 15 trainees included the Department of Health's District Injury Prevention coordinators and County/Municipal Health Department Injury Prevention staff. Training included—

- Teaching how to increase awareness about falls and fall prevention to seniors.
- Assisting professionals with knowledge and skills to provide quick fall screen risk assessment to older individuals.
- Offering information to educate older persons about falls, fall risk, and ways to reduce falls.
- Providing information on intervention programs and materials to develop fall prevention educational programs.

Impact:

The Department of Health will continue to promote fall prevention programs given the need of our older Pennsylvanians.

- During 2004–2005, the six District Health Offices and the 11 County and Municipal Health Departments reached 6,621 residents aged 55 years and older with home safety and fall prevention programs.
- New partnerships continue to form based on HEROS. The City of Chester Health Department has now adopted the HEROS program for their fall prevention effort in the community.

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