

Class Evaluation Summary this Period (01/01/2008 - 09/30/2009)

Total Participants: 179

Gender

| | | |
|---------|-----|-------|
| Male | 26 | 14.5% |
| Female | 146 | 81.6% |
| Unknown | 7 | 3.9% |

Age

| | | |
|---------------|----|-------|
| 59 or younger | 3 | 1.7% |
| 60-64 | 9 | 5.0% |
| 65-69 | 21 | 11.7% |
| 70-74 | 34 | 19.0% |
| 75-79 | 33 | 18.4% |
| 80-84 | 38 | 21.2% |
| 85-89 | 25 | 14.0% |
| Unknown | 11 | 6.1% |
| 90 or older | 5 | 2.8% |

1. The leaders were well prepared.

| | | |
|-------------------|-----|-------|
| Strongly Agree | 128 | 71.5% |
| Agree | 47 | 26.3% |
| Disagree | 1 | 0.6% |
| Strongly Disagree | 1 | 0.6% |
| No Response | 2 | 1.1% |

2. The classes were well organized.

| | | |
|-------------------|-----|-------|
| Strongly Agree | 117 | 65.4% |
| Agree | 60 | 33.5% |
| Disagree | 1 | 0.6% |
| Strongly Disagree | 0 | 0.0% |
| No Response | 1 | 0.6% |

3. The notebook helped me better understand the classes.

| | | |
|-------------------|----|-------|
| Strongly Agree | 87 | 48.6% |
| Agree | 87 | 48.6% |
| Disagree | 1 | 0.6% |
| Strongly Disagree | 0 | 0.0% |
| No Response | 4 | 2.2% |

4. As a result of this course, I feel more comfortable talking with others about my fear of falling.

| | | |
|-------------------|----|-------|
| Strongly Agree | 94 | 52.5% |
| Agree | 79 | 44.1% |
| Disagree | 4 | 2.2% |
| Strongly Disagree | 0 | 0.0% |
| No Response | 2 | 1.1% |

5. As a result of this course, I have made changes to my environment.

| | | |
|-------------------|-----|-------|
| Strongly Agree | 61 | 34.1% |
| Agree | 108 | 60.3% |
| Disagree | 5 | 2.8% |
| Strongly Disagree | 1 | 0.6% |
| No Response | 4 | 2.2% |

6. As a result of this course, I feel more comfortable increasing my activity.

| | | |
|-------------------|----|-------|
| Strongly Agree | 99 | 55.3% |
| Agree | 74 | 41.3% |
| Disagree | 5 | 2.8% |
| Strongly Disagree | 0 | 0.0% |
| No Response | 1 | 0.6% |

7. As a result of this course, I plan to continue exercising.

| | | |
|-------------------|-----|-------|
| Strongly Agree | 111 | 62.0% |
| Agree | 60 | 33.5% |
| Disagree | 0 | 0.0% |
| Strongly Disagree | 1 | 0.6% |
| No Response | 7 | 3.9% |

8. I would recommend this course to a friend or relative.

| | | |
|-------------------|-----|-------|
| Strongly Agree | 133 | 74.3% |
| Agree | 41 | 22.9% |
| Disagree | 0 | 0.0% |
| Strongly Disagree | 0 | 0.0% |
| No Response | 5 | 2.8% |

What other changes have you have made as a result of this class?

More determined to try harder to succeed at getting stronger and improve my health.

I will talk with my doctors before making changes.

When I drop something I pick it up. Don't leave things laying around. Pay more attention to things around me.

I look around for problems where ever I go. I reported some problems to Walmart. They had junk on the floor in the aisle. Also garden shops can be dangerous with water all over and plant leaves on the

As a result of this class I am wearing a safer shoe. Watching where I step & take my time.

Seeing things differently.

Moved some things in the house. Put in a brighter light bulb or two.

Being more Conscious about my surroundings

None - had already made several changes.

DIFFERENT EXERCISE PROGRAM

No changes but am more aware of circumstances in my home & other places. I once broke my ankle when walking on wet grass on a slight hill.

I pay more attention to what is going on around me.

Done away with a throw rug.

To wear proper shoes. Use night lights. Use hand rails for support.

I stop & think before I do some things. I have stopped taking things up steps at one time. I make more trips.

I try to be more careful going up & down steps. Concentrate on one thing and trying to finish one job instead of trying to do too much.

The changes I have made is to give myself time in each day to exercise.

I feel more confident and more assertiveness with my life. I may be getting older but I will keep going and not just sit around getting old. I am definitely very useful.

Being more assertive and opening up my feelins. Awareness of my surroundings.

Be more aware of all the do's and don't's. I take too much for granted.

Be more careful in making sure that I follow the suggestions that we studied.

Exercise more. Be more assertive.

Removing rugs. Not hurrying to phone. Make sure you know who is at the door. Taking more exercise and try falling again several times to make sure you can get up.

I am exercising daily and intend to keep it up.

Good class!

Moved furniture that could be a hazard. Corrected cords that were on the floor.

Set my goal to have better balance with this exercise.

Committed to exercise at least 5 days per week.

Being more aware.

Need a video.

I am more careful.

Do more stationary exercise.

More night lights; exercise more.

I have become more cognizant to investigate any hazards which exist in my home and the importance of exercise for seniors.

Looking around [the] house to move cords, wires, etc., increasing exercises and breathing at regular times.

Trying to walk more looking up and be more aware of posture.

Move furniture.

I feel very positive of my balance and exercise. And I am now volunteering [at] Mercy Hospital.

Slowing down. Be more assertive.

Put more lights on when entering a room. Ask for more assistance. Three times a week with seniors rather than two times.

To exercise regularly. [I] try to keep my home safe as possible.

Made survey of my house. Hope to do the balance exercises after the class is over.

I am using the information given in my daily life. I understand the importance of each of the exercises.

Enrolled in Silver Sneakers.

Doing exercises more regular.

Intend to get a grab bar on my bathtub.

Try to exercise more. Be more active.

More aware of obstacles [that] may be in the way.

Wearing shoes inside house.

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I am more careful about my activities.

More exercise.

Have not made changes - but would if I thought I needed to.

I realize my need to keep moving.

To be more aware of my surroundings and to be more aware.

Haven't made any, but would if I had to.

I have become more aware of possible hazards. I try to stay alert at all times.

More aware of my environment.

Being very careful bending over to pick up something on the floor losing my balance.

Build up confidence to go out shopping & ask for assistance for items needed - confidence building.

Walking more without walker to strengthen legs.

Trying to exercise more.

Walking more.

Determined to be more diligent with exercising.

More aware of trying to prevent falling.

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Be really careful, at all times. Exercising daily.

Be careful at all times when you are exercising.

I bought more night lights. I'm working on making rooms more safe.

Determined to move more, be careful, use weights while watching TV, put music on & dance a little.

Be more careful when you get up & down. Take your time. Be more careful about your surround[ing]s.

I have done more exercise. I have removed some throw rugs.

More exercise. More confidence. Encourage[ment] from others.

Stop & think before I take action. Look for things to keep me from falling.

Put into action things learned in class. Think before acting.

Exercising more.

Improved exercise routine.

Hopefully I have learned to look before stepping ahead of me going down off of curbs.

Work on more ankle exercises. Try to increase length of exercises.

Currently taking other exercise classes. I feel that the exercise sheets used in this class will be excellent for additional exercising at home.

Better lighting in home, changed throw rugs, talked neighbor into exercising with me.

Exercise more. More careful with ordinary routine.

I changed several things in my house to make it safer.

None.

Tried to do more exercises.

Am changing the type of bath mat when I can find one! Plan to instruct my sister in the correct use of a cane/proper height adjustment etc.; much needed!

Continue to do the same thing.

More aware of neck exercise.

No change - same old same old.

I have no idea.

I will exercise more.

None yet.

No change yet but I will also talk to my doctor.

I think these classes should be taught every six months or monthly for everyone because it motivates you to move your body & get out of the house by helping yourself to be more physically fit. This class helped me.

Walking more & moving thing[s] I don't at home.

Try to exercise every day.

I no longer stand on chairs. Have installed safety bars in the bathroom.

No changes yet but will do so in the future.

More light in house. Walk more.

More exercise.

Put mat in bathtub.

Have started sleeping later on some mornings. Do chores at a slower pace.

I am eating breakfast every morning. I am doing more exercise.

I walk more, I am more aware of safety.

Not afraid to get out & do things - I say I can do it, not wonder about it.

Plan to extend answering machine rings. Install bar in shower.

Moved some items in home.

More aware of continued daily exercise. Be more cautious when walking.

More varied exercises, change attitude, awareness.

Increased physical activities.

More careful when I walk & do not rush during things.

I have learned to do low impact exercises which enhance mobility & balance. I truly want to continue to be flexible, even as I age.

More willing to try things that I would not try. I got frustrated when I did not try. I am happy when I try & do it.

Removed hazards. Choose different routes.

Making my bathroom safer.

More aware of my surroundings for fall hazards.

Being aware brings out your best & takes you back to your youth.

More aware of hazards, use exercise to strengthen my body.

More confident.

Walk up hill better. Walk more.

Climbing steps better.

Hardly no changes to my home or environment but certainly am more aware of my surroundings & am more aware to be careful.

Other comments or suggestions?

Everyone could benefit from this class. You never get too old to learn something new that would be of help to you and your well being.

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While in the process of moving, I had to sleep on an air mattress. Once the air had leaked out I needed the chair to get off the floor.

Stay active.

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It was very interesting.

None

I was not able to attend most of the classes but have taken exercise classes in the same location previously. I plan to participate fully when it is scheduled for the spring. The interaction is great

Good common sense should tell us a lot of this.

I enjoyed all of these classes and would love to come again.

I have enjoyed this class.

This is a good program.

I have enjoyed these sessions and the young ladies who have led us. They have such an understanding of aging. Thank you.

It has been a good class, and I appreciate our leaders.

Angel and Dana are wonderful. I hope others will be interested in a class like this. We love you.

My comment is for the teachers Angel and Dana. They were great.

Have learned to share problems and how to fix problems.

Shorten the discussion portion of the class. Two hours is a little long.

Loved the class. Made aware of several things about falling.

First two classes were too slow - too long to wait until third class to introduce exercises.

Great class!! Thanks!

Excellent class. Enjoyed it.□

Please come back!

Class deserves more recognition.

Exercise in book [is a] great reference tool.

I am glad to have a chance to attend the sessions & to learn about the literature available on "balancing." A good class. Hope the center will schedule it again for others.

I think the class should be continued to be offered.

To continue the class so others may become familiar with balance and how to help yourself.

More aware of hazards that could cause me to fall.

Very informative program.

Feel better with exercise.

The instructors are wonderful.

Having the COA representative demonstrate the exercises has been great. Having a video that we could use at home would ensure that we continue to do exercises properly. Participants could pay for video.

Thank God for a class like this.

Very good class - fun also. Teachers were very helpful.

Really enjoyed the class; the leaders were great!

To continue teaching this class to others.

Have enjoyed class very much.

Due to macular degeneration, environmental changes made beforehand.

Share my walker with a friend when her legs give out.

Class interesting, informative - and a good time.

Reduce number of classes to 3 or 4.

Balance improving.

Leaders were extremely pleasant - made the class fun!

Try not to fall.

Be sure to watch your step.

I learned a lot and am more confident when doing things. I'm more observant when I'm out & about.

Would enjoy more classes like tai chi or balance helping physical activities.

I enjoyed class & learned lots of things to prevent or delay falls.

Needs to be presented every few months.

This was a good program. I enjoyed it very much. Good exercise program. Good to be with people like me.

Keep stressing safety in everything we do. □

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Try not to fall.

Keep up the good work.

I enjoyed the class & learned good exercises fro strengthening the muscles to help with balance.

Excellent class!

Enjoyed the class, learned much & positively loved comic relief!!

More exercises & less classroom. Too much repetition in classroom. Class too long.

Exercise particular[ly] good. Class instruction too long - maybe 1/2 hour and then exercise.

Is great & the teachers wonderful.

Keep up the good work! The class is very beneficial.

Ask friends to get involved.

Other foot exercise - barefoot to exercise toes & foot.

Nothing now.

No name.

I will tell others what we have been doing.

Not at this time.

Not at this time.

I suggest that this class should be advertised in the community more to the public.

Keep constant check on thing[s] need changing.

Everybody should take it.

Not at this time.

I have enjoyed this class - the teachers were great.

Have more classes.

I love the class & the exercises. The instructors were great.

Don't ever say you can't - at least try.

Acceptance of your condition.

Enjoyed fellowship. Meeting new friends.

Through positive physical gains, decreased fear of falling/injury.

Very helpful.

I enjoyed the classes & learned so very much. It was wonderful.

Have more community involvement.

Wonderful instructors. Very encouraging.

Excellent class.

Thank you for the great experience. It is life changing.

Teach the class to as many people as possible.

Made new friends. Enjoyed Diane & Faye.

Our instructors were wonderful & kept us busy.

Well worth my time & energy to attend.

Participant Demographic Summary (All Classes this Period (01/01/2008 - 09/30/2009))

N= 202 *Participants (with consent)*

Average Age

78 Years (59 to 93 years)

Gender

30 14.9% Male
161 79.7% Female
11 5.4% Unknown

Household Size

86 42.6% Live alone
84 41.6% Live with one
18 8.9% Live with more than one
14 6.9% Unknown

Health Insurance

177 87.6% Medicare
20 9.9% Medicaid
125 61.9% PrivIns

Ethnicity

24 11.9% African-American
0 0.0% Asian-American
1 0.5% Hispanic
4 2.0% Multi-Racial
9 4.5% Native American
1 0.5% Other
0 0.0% Pacific Islander
149 73.8% White
14 6.9% Unknown

Average Education

13.1 Years (range = 1 to 23 years)

Location by Zip Code

16 7.9% Unknown
1 0.5% 27170
1 0.5% 27306
2 1.0% 28001
1 0.5% 28002
1 0.5% 28009
2 1.0% 28016
1 0.5% 28021
1 0.5% 28023
6 3.0% 28025
3 1.5% 28027
4 2.0% 28034
1 0.5% 28041
1 0.5% 28054
3 1.5% 28072
2 1.0% 28075
2 1.0% 28079

| | | |
|----|-------|-------|
| 1 | 0.5% | 28080 |
| 2 | 1.0% | 28081 |
| 7 | 3.5% | 28083 |
| 1 | 0.5% | 28091 |
| 8 | 4.0% | 28092 |
| 1 | 0.5% | 28097 |
| 2 | 1.0% | 28103 |
| 4 | 2.0% | 28104 |
| 20 | 9.9% | 28110 |
| 3 | 1.5% | 28112 |
| 1 | 0.5% | 28119 |
| 2 | 1.0% | 28124 |
| 1 | 0.5% | 28128 |
| 1 | 0.5% | 28132 |
| 2 | 1.0% | 28135 |
| 1 | 0.5% | 28138 |
| 7 | 3.5% | 28144 |
| 8 | 4.0% | 28146 |
| 7 | 3.5% | 28147 |
| 1 | 0.5% | 28168 |
| 26 | 12.9% | 28170 |
| 3 | 1.5% | 28173 |
| 6 | 3.0% | 28205 |
| 3 | 1.5% | 28211 |
| 1 | 0.5% | 28213 |
| 16 | 7.9% | 28215 |
| 4 | 2.0% | 28227 |
| 1 | 0.5% | 28262 |
| 1 | 0.5% | 28270 |
| 1 | 0.5% | 28275 |
| 9 | 4.5% | 28277 |
| 1 | 0.5% | 28650 |
| 1 | 0.5% | 28709 |
| 1 | 0.5% | 38170 |

Participant Outcomes Summary (All Classes this Period - 1/1/2008-9/30/2009)

Participants with both Baseline and Follow-up Survey

N = 148

| | FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConcer | rrrentExercise |
|------------|-----------|-----------|-----------|-----------|-----------|-------------|----------------|
| Baseline: | 2.56 | 2.70 | 2.28 | 3.04 | 2.86 | 3.93 | 4.92 |
| Follow-up: | 3.20 | 3.33 | 2.79 | 3.32 | 3.20 | 4.17 | 5.21 |
| Change: | 0.64 | 0.63 | 0.50 | 0.28 | 0.33 | 0.24 | 0.29 |

Participants with Baseline only

N = 44

| | FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConcer | rrrentExercise |
|--|-----------|-----------|-----------|-----------|-----------|-------------|----------------|
| | 2.40 | 2.53 | 1.73 | 2.74 | 2.67 | 3.67 | 4.79 |

Participants with Followup only

N = 9

| | FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConcer | rrrentExercise |
|--|-----------|-----------|-----------|-----------|-----------|-------------|----------------|
| | 3.56 | 3.33 | 2.67 | 3.67 | 3.56 | 3.56 | 5.00 |

* A positive number indicates that the average scores for this survey question improved. A negative number indicates that the average scores declined.

Participant Attendance Summary (All Classes this Period - 1/1/2008-9/30/2009)

Attendance By Session

| Total* | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 | Session 8 |
|--------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 202 | 175 | 173 | 172 | 166 | 157 | 161 | 156 | 163 |
| | 86.6% | 85.6% | 85.1% | 82.2% | 77.7% | 79.7% | 77.2% | 80.7% |

Attendance By Session

| Total* | 1 session | 2 sessions | 3 sessions | 4 sessions | 5 sessions | 6 sessions | 7 sessions | 8 sessions |
|--------|-----------|------------|------------|------------|------------|------------|------------|------------|
| 202 | 202 | 192 | 188 | 185 | 177 | 166 | 138 | 76 |
| | 100.0% | 95.0% | 93.1% | 91.6% | 87.6% | 82.2% | 68.3% | 37.6% |

* Total participants is number with any recorded attendance and with consent.

A Matter of Balance Classes this period (01/01/2008 - 09/30/2009)

| State | Master Trainer Organization | Site Name, Location |
|--------------|------------------------------------|--|
| NC | Centralina Area Agency on Aging | Cabarrus Sr Ctr, Concord, 28026 |
| NC | Centralina Area Agency on Aging | Shamrock Sr Ctr, Charlotte, 28215 |
| NC | Centralina Area Agency on Aging | Grace Sr Ctr, Wadesboro 28170 |
| NC | Centralina Area Agency on Aging | Rufty Holmes Senior Center, Salisbury, NC 28144 |
| NC | Centralina Area Agency on Aging | The Village of Woodridge, Monroe, NC 28110 |
| NC | Centralina Area Agency on Aging | Mt. Pleasant Senior Center, Mt. Pleasant, NC 28124 |
| NC | Centralina Area Agency on Aging | Levine Jewish Community Ctr, Charlotte, NC 28226 |
| NC | Centralina Area Agency on Aging | Aldersgate Retirement Community, Charlotte, 28215 |
| NC | Centralina Area Agency on Aging | Hartis Grove Baptist Church, Indian Trail, 28079 |
| NC | Centralina Area Agency on Aging | Lincoln County Sr Center, Lincolnton, NC 28093 |
| NC | Centralina Area Agency on Aging | Rufty-Holmes Senior Ctr, Salisbury, NC 28144 |
| NC | Centralina Area Agency on Aging | Lunch Plus/Lane St Chrch of God, Kannapolis, 28083 |
| NC | Centralina Area Agency on Aging | Grace Senior Center, Wadesboro, NC 28170 |
| NC | Centralina Area Agency on Aging | Stanley County Senior Ctr, Albemarle, NC 28001 |
| NC | Centralina Area Agency on Aging | Meadowview Terrace Asstd Living, Wadesboro, 28170 |
| NC | Centralina Area Agency on Aging | Groton County Senior Center, Dallas, NC 28034 |
| NC | Centralina Area Agency on Aging | Benton Heights Church of God, Monroe, NC 28110 |

Total (includes participants for whom no data was received be

| Class Start Date | Class End Date | # of Participants | # completing 5 or more classes | |
|------------------------------|----------------|-------------------|--------------------------------|--------------|
| 10/01/2008 | 11/19/2008 | 12 | 9 | 75.0% |
| 10/06/2008 | 10/29/2008 | 13 | 12 | 92.3% |
| 10/16/2008 | 11/11/2008 | 11 | 7 | 63.6% |
| 01/05/2009 | 03/04/2009 | 7 | 7 | 100.0% |
| 01/06/2009 | 01/29/2009 | 20 | 10 | 50.0% |
| 01/14/2009 | 03/04/2009 | 16 | 14 | 87.5% |
| 02/06/2009 | 03/06/2009 | 16 | 13 | 81.3% |
| 04/03/2009 | 05/22/2009 | 15 | 15 | 100.0% |
| 04/06/2009 | 04/29/2009 | 14 | 12 | 85.7% |
| 04/14/2009 | 06/09/2009 | 15 | 14 | 93.3% |
| 06/29/2009 | 07/22/2009 | 15 | 12 | 80.0% |
| 07/06/2009 | 08/26/2009 | 18 | 17 | 94.4% |
| 07/14/2009 | 08/06/2009 | 16 | 13 | 81.3% |
| 08/04/2009 | 08/28/2009 | 10 | 10 | 100.0% |
| 08/10/2009 | 09/01/2009 | 12 | 12 | 100.0% |
| 08/25/2009 | 09/17/2009 | 8 | 6 | 75.0% |
| 09/01/2009 | 09/24/2009 | 15 | 12 | 80.0% |
| because of declined consent) | | 233 | 195 | 83.7% |

A Matter of Balance Data Received by Senior Services to Date

Data for All A Matter of Balance Sites this period (01/01/2008 - 09/30/2009)

Summary of MOB Data for ALL Sites

| | | |
|--|------|-------|
| Number of Master Trainer | 102 | |
| Number of States with Workshops: | 21 | |
| Total participants this period * | 7936 | |
| Total participants with 5 or more classes * | 6244 | 78.7% |
| Number of workshops this period | 660 | |
| Average participants / workshop | 12.0 | |
| Average participants completing 5 or more classes / workshop | 9.5 | |

* Includes participants for whom no data was received because of declined consent

Participant Demographic Summary

| | | |
|-----------------------------|------------|-------------------------|
| Participants (with consent) | 6139 | |
| Average Age (years) | 78 Years | (21 to 105 years) |
| Gender | | |
| Male | 933 | 15.2% |
| Female | 4986 | 81.2% |
| Unknown | 220 | 3.6% |
| Household Size | | |
| Live alone | 3201 | 52.1% |
| Live with one | 1955 | 31.8% |
| Live with more than one | 658 | 10.7% |
| Unknown | 325 | 5.3% |
| Health Insurance | | |
| Medicare | 5200 | 84.7% |
| Medicaid | 791 | 12.9% |
| PrivIns | 3768 | 61.4% |
| Ethnicity | | |
| African-American | 331 | 5.4% |
| Asian-American | 117 | 1.9% |
| Hispanic | 130 | 2.1% |
| Multi-Racial | 81 | 1.3% |
| Native American | 249 | 4.1% |
| Other | 57 | 0.9% |
| Pacific Islander | 5 | 0.1% |
| White | 4847 | 79.0% |
| Unknown | 322 | 5.2% |
| Average Education | 13.6 Years | (range = 1 to 23 years) |

Participants with both Baseline and Follow-up Survey

N = 4682

| | FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConcer | urrentExercise |
|------------|-----------|-----------|-----------|-----------|-----------|-------------|----------------|
| Baseline: | 2.66 | 2.69 | 2.21 | 2.93 | 2.78 | 3.81 | 4.66 |
| Follow-up: | 3.18 | 3.31 | 2.86 | 3.39 | 3.24 | 4.02 | 5.21 |
| Change: | 0.51 | 0.63 | 0.65 | 0.46 | 0.46 | 0.20 | 0.55 |

Participants with Baseline only

N = 1336

| | FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConcer | urrentExercise |
|--|-----------|-----------|-----------|-----------|-----------|-------------|----------------|
|--|-----------|-----------|-----------|-----------|-----------|-------------|----------------|

A Matter of Balance Data Received by Senior Services to Date

2.68 2.66 2.19 2.91 2.76 3.75 4.64

Participants with Followup only

N = 111

| | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|----------------|
| FallsMgt1 | FallsMgt2 | FallsMgt3 | FallsMgt4 | FallsMgt5 | FallsConc | urrentExercise |
| 3.11 | 3.17 | 2.79 | 3.33 | 3.22 | 3.96 | 5.06 |

* A positive number indicates that the average scores for this survey question improved. A negative number indicates that the average scores declined.

Participant Attendance Summary for ALL Sites

Attendance By Session

| | | | | | | | | |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Total* | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 | Session 8 |
| 5990 | 5294 | 5218 | 4971 | 4808 | 4630 | 4504 | 4463 | 4469 |
| | 88.4% | 87.1% | 83.0% | 80.3% | 77.3% | 75.2% | 74.5% | 74.6% |

Attendance By Session

| | | | | | | | | |
|---------------|-----------|------------|------------|------------|------------|------------|------------|------------|
| Total* | 1 session | 2 sessions | 3 sessions | 4 sessions | 5 sessions | 6 sessions | 7 sessions | 8 sessions |
| 5990 | 5990 | 5780 | 5597 | 5403 | 5167 | 4648 | 3704 | 2073 |
| | 100.0% | 96.5% | 93.4% | 90.2% | 86.3% | 77.6% | 61.8% | 34.6% |