Michigan Statistics

In 2013, there were 838 fatal falls among older adults (aged 65 or older) in MI, a rate of 56.33 per 100,000 compared to the U.S. (56.96) and Midwest (68.16).¹

From 1999 to 2013, the rate of fatal falls among older adults in MI more than doubled, from 23.6 deaths per 100,000 to 56.3 deaths, an increase of 138.6%.¹

What Is One Solution?
Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based falls prevention program designed for community-dwelling older adults and individuals with physical limitations. The program consists of motor, sensory, and cognitive components to improve balance, gait, and mobility, enhancing performance of daily functional tasks and reducing the incidence of falls among older adults.²

Program Components
The program’s innovative approach combines traditional and contemporary Tai Ji Quan practice and is designed to improve skills directly applicable to daily functional activities (e.g., reaching, walking, stepping). It consists of a main routine of eight movements and a subroutine of Mini Therapeutic Movements®.³

Evidence of Effectiveness
At the end of the intervention and six-month post-intervention follow-up:

- The Tai Chi group reported significantly fewer falls, a lower proportion of falls, and fewer injurious falls than the control group.⁴
- The Tai Chi group demonstrated significant improvements in functional balance, physical performance, and reduced fear of falling compared to the control group.⁴
- The estimated average cost of this program is $104.02 per participant, with a net benefit of $529.86 and a return of 509% per each dollar invested.⁵

Publications