

Healthy Living: Standing Strong, NC Partner

Your Alliance has been a long-time member of the NC Falls Prevention Coalition, and now the Alliance is a proud partner of [Standing Strong, NC](#), an new project to prevent falls and save lives. Standing Strong NC is a project of the NC Center for Health and Wellness and the NC Falls Prevention Coalition, and we're proud to partner in this work, particularly this month with Falls Prevention Week coming up September 18-25.

The project's new website includes resources, a falls prevention screening, and links to programs to help prevent falls—including programs delivered by our North Carolina YMCAs. As a partner, we are provided with Y branding on the website, along with a link to the Alliance's web page about evidence-based health intervention (EBHI) programs, including Moving for Better Balance. Interest forms on the Alliance EBHI program web pages ensure our ability to respond to requests for information and to refer people to programs at our Ys running them.

In addition, there are programs listed in another area of the Standing Strong, NC website; to ensure your Y's relevant programs are listed, fill out the form at this [Healthy Aging NC link](#); include Moving for Better Balance, Walk with Ease and Enhance Fitness if your Y offers those programs.

Falls Prevention Week

Falls are the second leading cause of unintentional injury death for North Carolinians of all ages, and in every year from 1999 to 2019, falls were the number one cause of injury death for individuals 65 and older.

The NC Falls Prevention Coalition is celebrating Falls Prevention Awareness Week September with a [Falls Prevention Awareness Week Lunch and Learn Virtual Webinar Series!](#) Register at this [link](#). All are welcome to participate, so please share the word with your colleagues, friends, and family. Considering gathering your healthy living staff for a lunchtime watch party and talk about how you can best share the information.

Want an easy way to celebrate falls prevention week? Consider hosting a lunchtime watch party with your Y to tune in together and engage in insightful discussions following each session or creating a social media group to share the information.

(September 12, 2023)