

# IMPACT PROFILE

## *The Pisando Fuerte Project*

### THE IMPACT

The Pisando Fuerte project resulted in cultural and community benefits.

Pisando Fuerte is a multifaceted intervention that improves balance, strength, and falls knowledge. It was developed using a rigorous scientific process that retains the key elements of Stepping On, while adapting them to sociocultural and contextual norms for the Latino community.

### THE CHALLENGE

Written literacy barriers can be a challenge, especially among Latino seniors who are particularly susceptible due to their low literacy, low socioeconomic status and usual exclusion from mainstream strategies and programs.

### THE APPROACH

Tools and resources were prepared to help older Latino adults get comfortable with the devices, enabling remote delivery if needed for COVID-19 constraints.

- Visual aids to overcome written literacy barriers
- Increases the time of sessions to allow for socialization
- Simplifies exercises to increase the adoption of the new behaviors

### THE D&I CHALLENGE

With the COVID-19 pandemic came many challenges of how to deliver Pisando Fuerte to the community. There was limited access to community centers and a gap in access to technology. Pisando Fuerte lacked the ability to deliver the training remotely.

### THE D&I APPROACH

With funding, Pisando Fuerte was able to develop the trainings into an online version and improve access to the community. They were able to provide devices and deliver the program in plain language remotely.

## PROJECT OVERVIEW

#### The Pisando Fuerte project:

- Developed and adapted culturally appropriate training curriculum for Pisando Fuerte to be delivered online using bilingual facilitators
- Received funding from the Research Retirement Foundation and the UW Institute for Clinical and Translational Research
- Packaged for broad dissemination by the Wisconsin Institute for Healthy Aging

## PROJECT TEAM

Team PI(s): Maria Mora Pinzon, MD

Partners: Community Academic Aging Research Network (CAARN) & Wisconsin Institute for Healthy Aging (WIHA)

#### In collaboration with:

UW ICTR - D&I Launchpad  
di-launchpad@ictr.wisc.edu  
go.wisc.edu/launchpad

## KEY BENEFITS



CLINICAL

Program was associated with participants' adoption of preventive behaviors



COMMUNITY

Delivered the program at three community organizations in Wisconsin



CLINICAL

Prevents falls among Hispanic seniors



POLICY

Submitted to NCOA Pisando Fuerte for designation as evidence-based and eligible for OAA Title III-D23(a) funding



CLINICAL

Participants demonstrated more strength and balance exercise as well as avoidance of uneven surfaces

## LAUNCHPAD CONTRIBUTIONS

- Assisted in development of scale-up strategy
- Facilitated partnership with purveyor
- Coached PI on Launchpad Design for Dissemination tools
- Provided mentorship and feedback

## BY THE NUMBERS - Pisando Fuerte

- Improved overall health
  - Over 60% of participants went in for follow up vision appointments and/or medication reviews
- Reduced fear of falling by over 80%
  - Over 70% of participants have made safety modifications in their homes
- Increased daily exercise
  - 70% of participants feel more comfortable increasing their activity

## KEY PUBLICATIONS

Mora Pinzon, M., Myers, S., Jacobs, E. A., Ohly, S., Bonet-Vázquez, M., Villa, M., Castro, A., & Mahoney, J. (2019). "Pisando Fuerte": an evidence-based falls prevention program for Hispanic/Latinos older adults: results of an implementation trial. *BMC geriatrics*, 19(1), 258. <https://doi.org/10.1186/s12877-019-1273-1>

