

BACKGROUND

- Falls remain a major cause of injury among adults age 65 and older
- Tai Ji Quan: Moving for Better Balance is an evidenced-based prevention program that uses slow, intentional movements to improve balance, strength, coordination, and mobility
 - HLI began offering TJQMBB weekly in January 2025
 - Growing community interest created an opportunity to expand classes and evaluate utilization trends.

METHODS

Monthly participant encounters were tracked for Tai Ji Quan: Moving for Better Balance (TJQMBB) at the Healthy Living Institute from January 2025 through July 2026.

The community-based, 60- minute fall-prevention class incorporates progressive seated and standing movement focused on balance, strength, coordination, weight shifting, and functional mobility. Classes were offered once weekly until June 2026, when the program expanded to twice weekly in response to increasing participation and community demand. Monthly encounter trends before and after program expansion were reviewed to evaluate utilization and program reach.

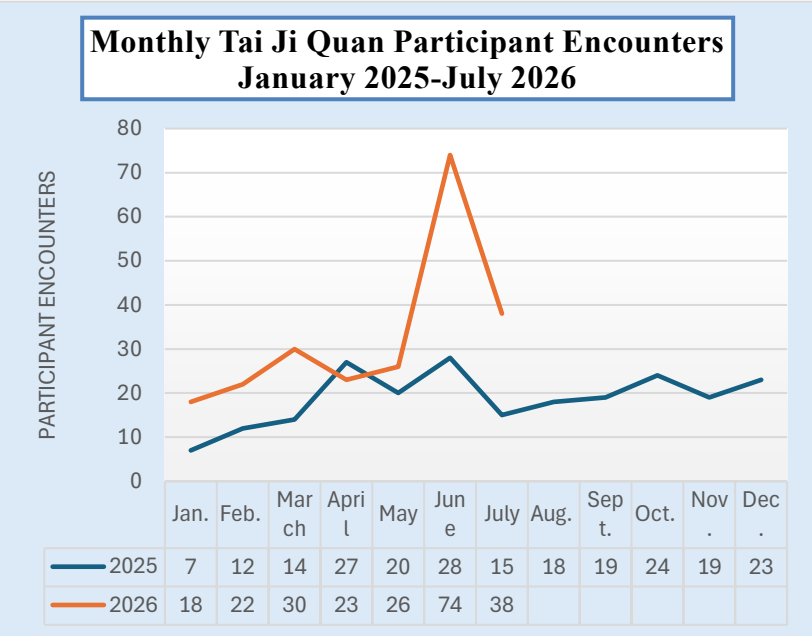
REFERENCES

Tai Ji Quan: Moving for better balance. Tai Ji Quan Moving for Better Balance. (n.d.). <https://tjqmbb.org/>
Centers for Disease Control and Prevention. (n.d.). *About older adult fall prevention.* Centers for Disease Control and Prevention. <https://www.cdc.gov/falls/about/index.html>



PURPOSE

The purpose of this poster is to evaluate utilization trends in Tai Ji Quan a community-based fall prevention program at the Healthy Living Institute and examine changes in participant encounters after expansion from once weekly to twice- weekly classes in June 2026.



Jan-Jul 2026 generated approx. the same encounters as all of 2025

RESULTS

TJQMBB demonstrated increased program utilization from 2025 through 2026. A total of 235 participant encounters were recorded during 2025. From January through July 2026, 237 encounters were recorded, surpassing the entire 2025 encounter volume within seven months. Before program expansion, January- May 2026 averaged 25 encounters per month. Following expansion from once-weekly to twice- weekly classes in June 2026. June and July averaged 56 encounters per month. June recorded the highest monthly utilization with 74 encounters. Continued monitoring is needed to determine whether increased utilization is sustained.

CONCLUSIONS

- Increasing Tai Ji Quan from once to twice weekly was associated with increased program utilization.
- Jan-Jul 2026 encounters (237) were approximately equal to all of 2025 (235).
- These findings lay the groundwork for pursuing a formalized, IRB-approved interprofessional research study to validate the efficacy of the TJQMBB in improving balance with activities of daily living.

