

ACC and tai chi

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At the conclusion of a second survey run in December 2004 in the *New Zealand Family Physician (NZFP)*, it was great to see that certain areas of falls prevention knowledge had reportedly increased. In particular, the recognition of strength and balance programmes to help prevent falls in older adults improved from 86% to 92%. There was also a 12% increase in correctly identifying other proven strategies to reduce falls compared to the baseline survey.

ACC funds and supports two primary strength and balance programmes nationally (namely the Otago exercise programme and ACC funded modified tai chi). In the last year, more than 8000 older people attended modified tai chi classes supported by ACC.

ACC became the lead agency promoting modified tai chi because of the growing body of evidence that its practice improves strength and balance and thus helps prevent falls.

