
**Title:** Efficacy of a Student-led Model for Delivering A Matter of Balance: Managing Concerns About Falls to Community-dwelling Older Adults

**Description:** The delivery of the evidence-based falls prevention program, A Matter of Balance: Managing Concerns About Falls (MOB), via college students has gained recent attention. We assessed the efficacy of a student-led MOB model by comparing study participant and national outcomes. An interdisciplinary group of graduate health professions students were trained and mentored by their professor’s and various community liaisons. Implementation of the student-led model and findings will be summarized.

**Outcomes:** A total of 128 older adults (mean age = 76.8 years, n=73) participated in MOB and national data was obtained from 182 MOB participants (mean age = 76.8 years). About 74% of study participants completed their MOB classes (i.e. attended 5 or more classes), compared to 87% reported from the national data; adherence rates were significantly different between groups ($p < 0.05$). Outcomes did not differ between study and national participants. Participants from both samples reported, on average, improvements in MOB outcomes, including falls self-efficacy, beliefs about their ability to increase their physical strength and balance, and in the amount of time spent walking and exercising. The student-led MOB model appears to be as effective as the traditional lay leader model. Study findings demonstrate the efficacy of student-led community classes; however, the impact of working with motivated community-dwelling older adults may also have a long lasting influence on the students who will be working with this population in their professional practice.