October 15 RoundUp — HHS Bets $27.8M on Falls, the Blood Pressure Reading That Hides Fall Risk & More

UpRight Science News RoundUp · October 8–15, 2026

New Research & Data

HHS Announces Up to $27.8 Million for Falls Prevention

HHS.gov · October 9, 2026

HHS is investing up to $27.8 million over three years to expand proven falls prevention programs, including the CDC's STEADI screening approach and the Stepping On community program, in states across the country. One in four older adults falls each year, and nonfatal falls cost an estimated $80 billion annually.

UpRight POV: *It's great to see falls prevention getting national attention and funding. Many falls are preventable, and the first step is knowing your risk, so ask your doctor about a balance check at your next visit.*

Elderly adults with masked high blood pressure had higher risk of falls

American Heart Association · October 9, 2026

In a preliminary study of adults over 78, those whose blood pressure was normal at the doctor's office but high at home had a 70% higher rate of falls. Researchers say checking blood pressure at home can reveal hidden fall risk.

UpRight POV: *A quick reading at the doctor's office doesn't always tell the whole story. Keeping an eye on your health at home, including your balance, can catch changes that are easy to miss.*

Balance exercise apps can reduce fall-related injuries

Kaiser Permanente · October 14, 2026

A Kaiser Permanente study found that older adults who had been hurt in a fall and then used a balance-training app had fewer serious fall injuries the following year. The biggest benefit went to people who weren't already exercising regularly.

UpRight POV: *Good news: improving your balance doesn't require a gym or a class. A few minutes of practice a day, as part of a healthy lifestyle, can go a long way, especially if you're just getting started.*

More physical activity may mean slower Parkinson’s disease progression

The Washington Post · October 8, 2026

A new study links more physical activity to slower decline in movement and thinking for people with Parkinson’s disease.

UpRight POV: *Staying active is one of the most powerful things you can do for your body and your balance, whatever your health situation.*

Maintaining Your Balance: Health Tips & News

Geriatricians Are Begging Families To Do This as It Gets Dark Earlier

Parade · October 10, 2026

Geriatricians urge families to check on older loved ones’ fall risk before the darkest months, since dim light makes steps and edges harder to see. Their tips include brighter and motion-activated lighting, vision checks, and sturdy shoes with good grip.

UpRight POV: *Now is the perfect time to get ready for winter. Add a few night lights, check your shoes, and take a moment to see how steady you feel.*

Doctors Say This Is What You Should Do When You’re About To Fall

HuffPost · October 13, 2026

Orthopedic surgeons and a physical therapist share what raises your risk of falling and how to reduce injury if you do fall.

UpRight POV: *Knowing how to fall safely is helpful, but the best plan is staying on your feet. Regular strength and balance exercises go a long way.*

Reduce Your Risk of Falling with Rheumatoid Arthritis

Everyday Health · October 14, 2026

Tender joints and fatigue can raise fall risk for people with rheumatoid arthritis, and a fall can lead to a fear of falling that makes people less active.

UpRight POV: *Fear of falling can keep people from the activities they love. Knowing where your balance stands can help you move with more confidence.*

Also In the News

NCAA may stop funding concussion research at the end of October: Report

NewsNation · October 15, 2026

The NCAA may stop funding the $46 million CARE Consortium, one of the largest concussion research efforts in the U.S.

UpRight POV: *Concussions often affect balance, and research like this helps athletes recover safely. We hope the work continues.*

Benign Paroxysmal Positional Vertigo

JAMA · October 14, 2026

A letter in JAMA notes that there are several effective treatments for BPPV, a common cause of dizziness, beyond the well-known Epley maneuver.

UpRight POV: *Dizziness can throw off your balance. If you notice it, mention it to your doctor.*