

FALLS:

Consider

the Numbers

According to the CDC...

FALLING IS THE LEADING CAUSE OF ACCIDENTAL DEATH AMONG OLDER ADULTS IN THE U.S.

1 in 3 adults 65+ falls each year. Of those, **20%-30%** suffer moderate to severe injuries. Those who fall once are **2-3** times more likely to fall again. Risk factors include poor balance, muscle weakness, vision problems, and taking more than 4 prescription meds.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallcost.html>

In the year 2000, direct medical costs totaled **\$179 million** for fatal falls and **\$19 billion** for nonfatal fall injuries. (Direct costs do not account for long-term expenses such as disability and caregiver needs.) The annual direct and indirect cost of fall injuries is expected to reach **\$54.9 billion** by 2020.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

Annual Medicare cost for hip fractures is almost **\$3 billion**.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adulthipfx.html>

In 2005, **15,800** people 65+ died from injuries related to unintentional falls; about **1.8 million** 65+ were treated in emergency departments for nonfatal fall-related injuries, and more than **433,000** of those patients were hospitalized. In 2006, **5.8 million** people fell at least once.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

In those aged 72+, the average cost of a fall injury totals over **\$19,440**, including hospital, nursing home, emergency room, and home health care, but not doctors' services.

<http://www.cdc.gov/ncipc/factsheets/fallcost.htm>

Every **18** seconds, an older adult is treated in an emergency room for a fall and every **35** minutes one of them dies as a result of their injuries.

<http://www.cdc.gov/ncicp/duip/preventadultfalls.htm>

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and fall prevention call:**

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