



Older Adult Fall Protection

Falls are a leading cause of injury and death among adults aged 65 and older. With an aging population, the incidence of falls continues to rise, making it crucial to understand the scope of the issue and implement effective preventive measures.

FACTS ABOUT FALLS

- Over 14 million, or 1 in 4 older adults, report falling every year.
- In 2020, falls resulted in over 34,000 deaths among older adults in the U.S. alone.
- Falls are the leading cause of fatal and nonfatal injuries among older adults.
- Falls are the leading cause of injury-related death among adults ages 65 and older, and the fall death rate is increasing. The age-adjusted fall death rate increased by 41% from 2012 to 2021.
- About 37% of reported falls require medical treatment or restricted their activities for a day, totaling an estimated nine million fall injuries.
- Falls can lead to long-term consequences, including loss of independence, decreased quality of life, and increased healthcare costs.
- The rising number of deaths from falls among older adults can be addressed by screenings and interventions to address fall risk factors and problems with older adults' balance and strength.

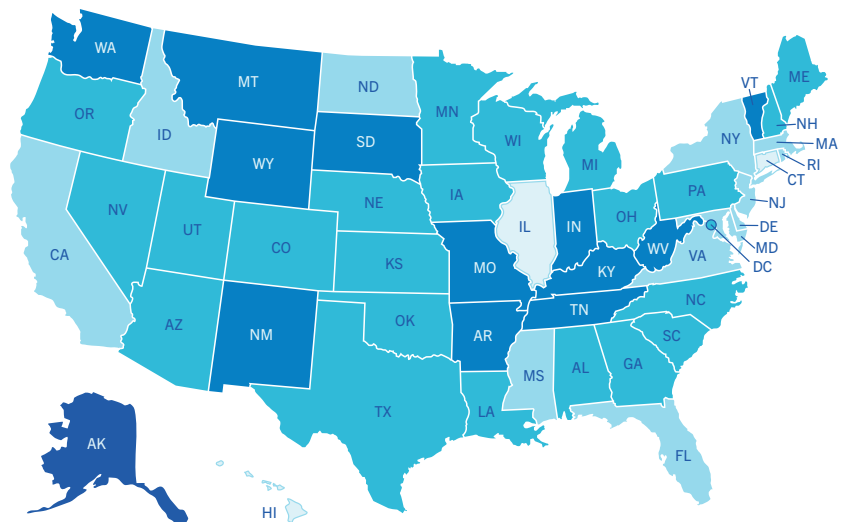
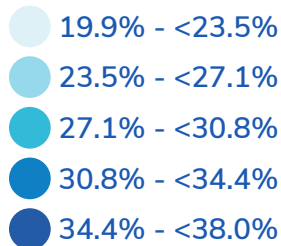
Falls are the leading cause of injury and injury-related death among U.S. adults ages 65 and older.

FALLS ARE SERIOUS AND COSTLY

- 1:10 falls results in an injury that causes older adults to restrict their activities or seek medical attention.
- 3 million annual emergency department visits due to older people falls.
- 1 million annual fall-related hospitalizations among older adults.
- 83% percent of hip fracture deaths and 88% of hip fracture ER visits and hospitalizations were caused by falls.
- Falls are the most common cause of traumatic brain injuries.

Falls By State

AGE-ADJUSTED FALL PERCENTAGES*



*Age-adjusted percentages standardized to the 2000 U.S. population with age groups 65–74, 75–84, and ≥85 years using the direct method.