

New Hampshire FACTS

preventing falls among older adults

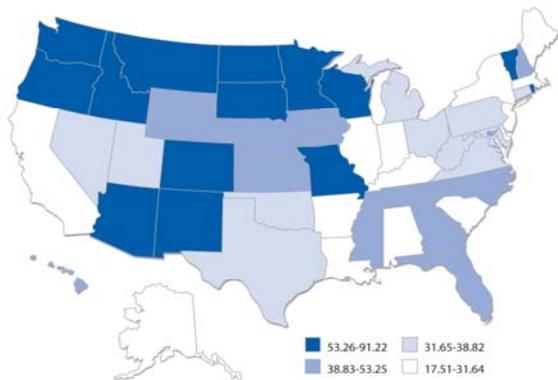
THE REALITY

- > Falls are the leading cause of injury deaths among adults age 65 and older in the U.S. and the third leading cause in all ages.
- > Falls are also the leading cause of injury deaths among adults age 65 and older in New Hampshire and the second leading cause of injury death in all ages.
- > Over 1 million older adults in the U.S. were treated in hospital emergency departments for fall-related injuries in 2005, and 311,610 were admitted for inpatient care.
- > In New Hampshire 7,672 older adults were treated in hospital emergency departments for fall-related injuries in 2005, and 2,227 were admitted for inpatient care.
- > Fatal falls resulted in total lifetime costs among adults in the U.S. age 65 and older in 2005 of more than \$1.9 billion.
- > Fatal falls in New Hampshire resulted in total lifetime costs among adults in the age 65 and older in 2005 of more than \$9.7 million.

FACT FACT

In New Hampshire, inpatient hospitalizations between years 2004 and 2008, of fall injury patients age 65 and older, 44% resulted in hip fractures. This injury accounted for 53% of hospital discharge costs for falls, \$137,602,362.

AGE-ADJUSTED UNINTENTIONAL FALL-RELATED INJURY DEATH RATES FOR PERSONS AGES 65 YEARS AND OLDER, UNITED STATES (2002-2006)



CONTACT CDC
Centers for Disease Control and
Prevention
National Center for Injury Prevention
and Control (NCIPC)
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348
www.cdc.gov/injury



CONTACT SAFE STATES
The Safe States Alliance
2200 Century Parkway, Suite 700
(770) 690-9000
www.safestates.org



CONTACT YOUR STATE HEALTH DEPARTMENT

Injury Prevention and Surveillance Program
NH Department of Health & Human Services
29 Hazen Drive, Concord, NH 03301
603-271-4700, RSiegel@dhhs.state.nh.us



STATE PROGRAMS IN ACTION

Falls injury prevention efforts have prevented a significant increase in emergency department visits, hospitalizations and deaths between years 2001 to 2009.

Efforts to prevent falls among people age 65 and older include:

- * Training health care providers to screen for fall risk during routine appointments and if an elder has sustained a fall that results in injury.
- * Elder home visits where safety concerns are addressed.
- * Training "Tai Chi: Moving for Better Balance" and "Matter of Balance" instructors in techniques and strategies that are proven to reduce fall risk in older adults.
- * The ongoing efforts of the NH Falls Risk Reduction Task Force to support professionals and others in best practices regarding falls prevention.

WHAT CAN YOU DO? YOU DO?

Older adults can take several steps to reduce their risk of falling:

- *Exercise regularly; exercise programs like Tai Chi that increase strength and improve balance are especially good.
- *Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter.
- *Have their vision checked by an eye doctor at least once a year.
- *Reduce tripping hazards in their home that can lead to falls (e.g. remove small throw rugs).