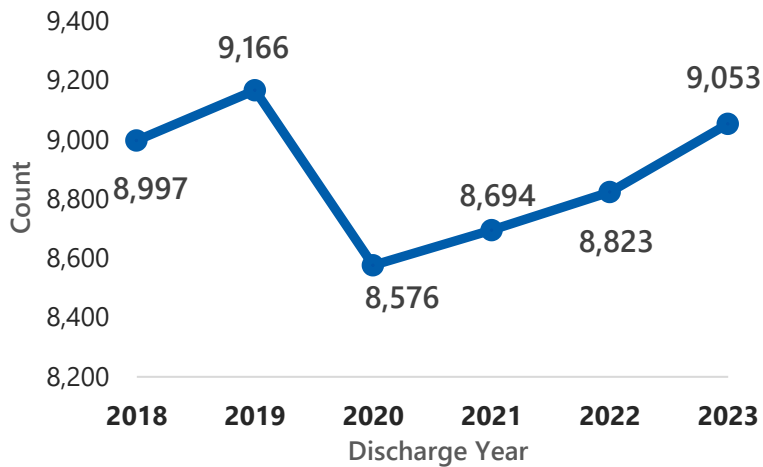




Injury Prevention: Unintentional Falls among Older Adults

Falls are not a normal part of aging. Falls disproportionately affect persons aged 65 years and older. Falls may result in injuries that requiring medical care; some may result in death. In fact, falls are the leading cause of death and hospitalization among older adults. Older adult falls are a preventable public health concern.

Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults² by Discharge Year, 2018-2023³



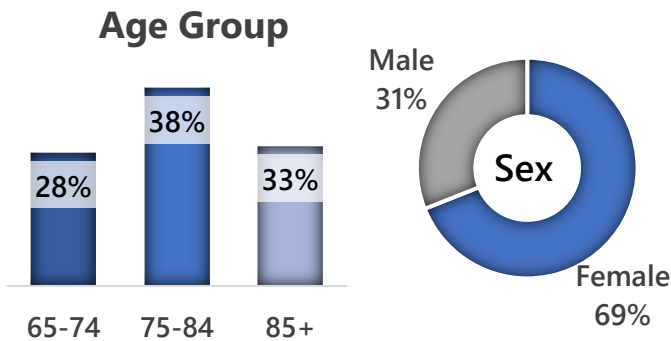
There were **53,309 inpatient hospitalizations**¹ for unintentional fall-related injuries among older adults² in Kentucky from 2018-2023³.

During that time, **1,929** older adults died from an unintentional fall-related injury. Deaths increased as age increased.

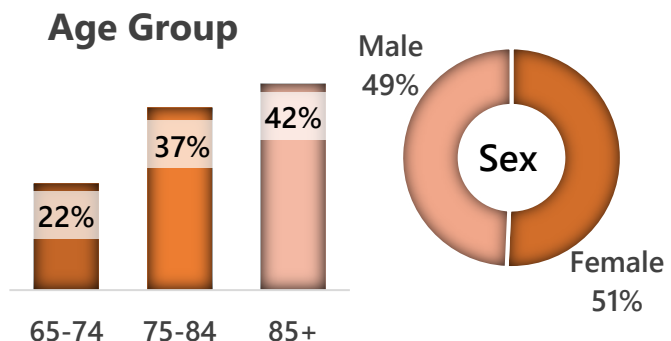
Did you know?

Older Adults are those 65 years and older.

Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults² by Age and Sex, 2018-2023³

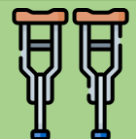


Unintentional Fall-Related Deaths among Kentucky Older Adults² by Age and Sex, 2018-2023³



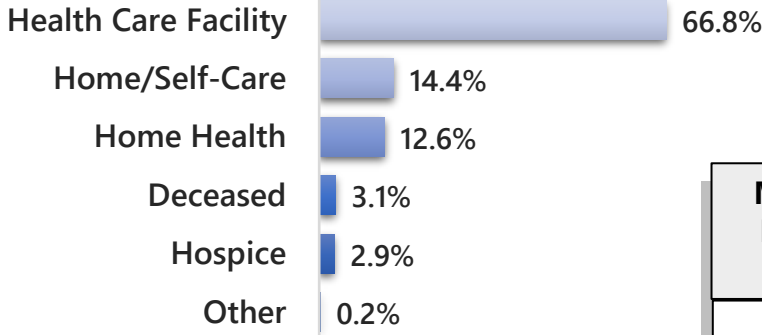
Of the 2018–2023 older adult fall-related inpatient hospitalizations

- Race: 96% White, 3% Black, and 1% Other Race
- **47%** resulted in a hip fracture



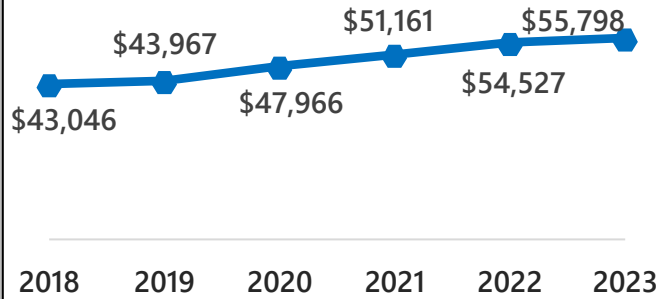
¹Inpatient hospitalizations represent encounters of care and could be greater than the number of individual patients treated at an acute care facility in Kentucky. ²Older adults are Kentucky residents 65 years and older. ³The impact of the Covid-19 pandemic that started in 2020 should be considered when interpreting data and trend analyses. Inpatient hospitalization data source: Kentucky inpatient hospitalization claim files, Office of Data and Analytics. Death data source: Kentucky Death Certificate Database, Kentucky Office of Vital Statistics, Cabinet for Health and Family Services. July 2024. Data are provisional and subject to change. Images from flaticon.com.

Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults² by Discharge Status, 2018-2023³



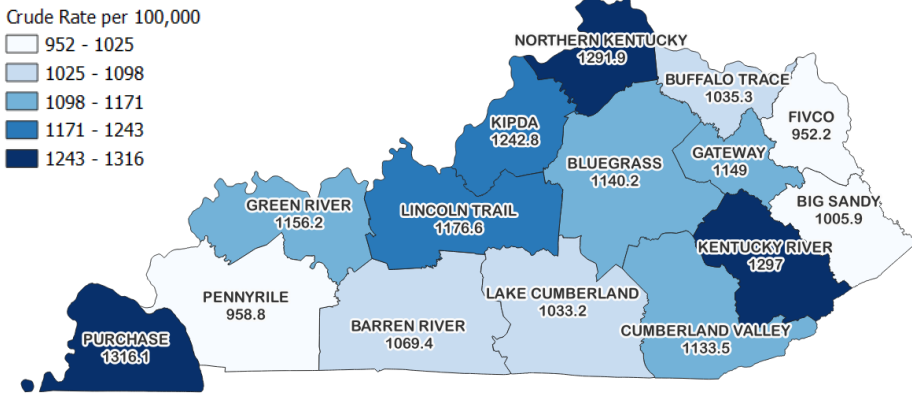
One-third of unintentional fall-related deaths occurred due to a fall occurring on the same level.

Median Discharge Costs from Inpatient Hospitalizations among Older Adults², 2018-2023³



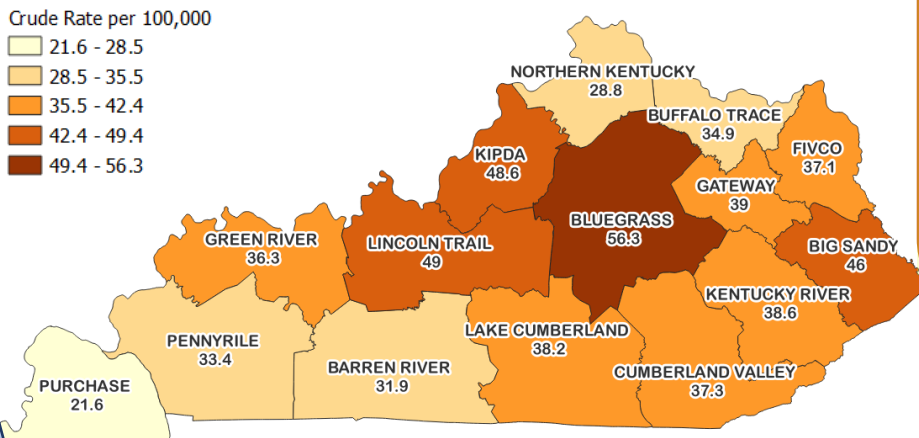
The average discharge cost for an older adult fall-related hospitalizations was **\$60,724**. Discharge costs totaled **\$3,237,136,371** from 2018-2023.

Crude Unintentional Fall-Related Inpatient Hospitalization Rates among Kentucky Older Adults² by Area Development District, 2018-2023³



Fall-related inpatient hospitalizations and death rates for older adults vary by Area Development District (ADD).

Crude Unintentional Fall-Related Death Rates among Kentucky Older Adults² by Area Development District, 2018-2023³



The highest crude rates of **inpatient hospitalization** occurred in the **Purchase, Kentucky River, and Northern Kentucky** ADDs.

The highest crude rates of **death** occurred in the **Lincoln Trail, Bluegrass, and KIPDA** ADDs.

Older Adults: What can I do?



Twenty-nine percent of fall-related inpatient hospitalizations occurred on even surfaces. Practice good housekeeping by keeping walkways tidy, picking up items off the floor, and clearing clutter.

Other fall-related hospitalizations were falls from stairs and steps. Use hand railings to support oneself walking up and down stairs.



Turn on lights and use nightlights. Keeping areas well lit can help reduce the risk of falls.

Help prevent bathroom-related falls by installing grab bars around tubs and toilets to help maintain balance in the bathroom, especially when floors are wet.



Exercise can help prevent falls. Focus on exercises that help build strength and balance (like yoga, chair aerobics, or Tai Chi).

Talk with your healthcare provider and pharmacist about fall risk and prevention. Ask them to make sure your drugs are not interacting and making you more susceptible to a fall.



What can Healthcare Providers do?

Use CDC's STEADI initiative in your practice. It is evidence-based and effective!

Stopping Elderly Accidents, Deaths, and Injuries

Step 1:

Screen all patients age 65+ for fall risk.

Step 2:

Assess a patient's modifiable risk factors and fall history.

Step 3:

Intervene to reduce identified risk using effective strategies.

Visit www.cdc.gov/steadi/ for more information.

Additional Resources

- Kentucky Safety Prevention Alignment Network: www.SafeKentucky.org
- Kentucky Safe Aging Coalition www.NoFalls.org/
- Effective Falls Prevention Interventions www.cdc.gov/homeandrecreationalafety/falls/compendium.html
- National Council on Aging Falls Prevention www.ncoa.org/healthy-aging/falls-prevention/

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