



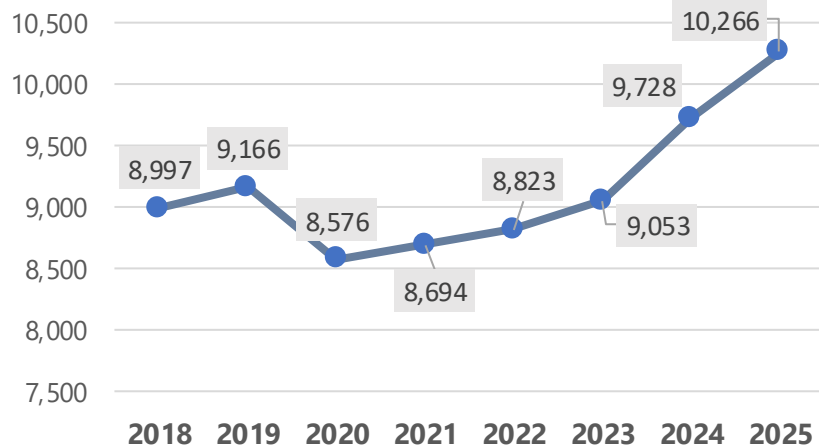
Injury Prevention: Unintentional Falls among Older Adults

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

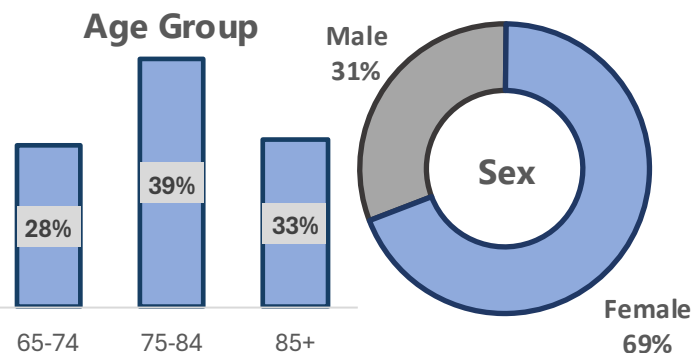
There were **73,303 inpatient hospitalizations**¹ for unintentional fall-related injuries among older adults² in Kentucky from 2018-2025³.

During that time, **2,787** older adults died from an unintentional fall-related injury. The number of deaths increased as age increased.

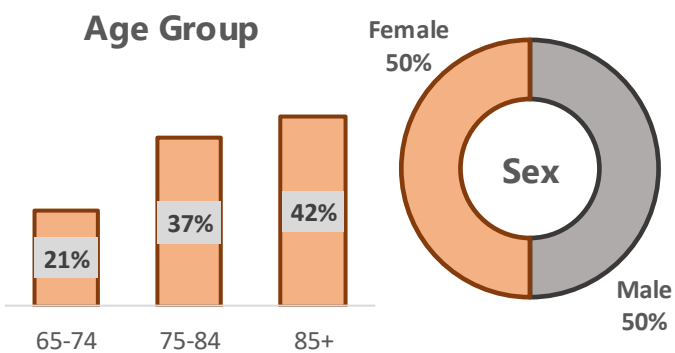
Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults by Discharge Year, 2018-2025



Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults by Age and Sex, 2018-2025

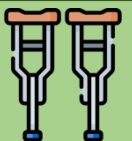


Unintentional Fall-Related Deaths among Kentucky Older Adults by Age and Sex, 2018-2025



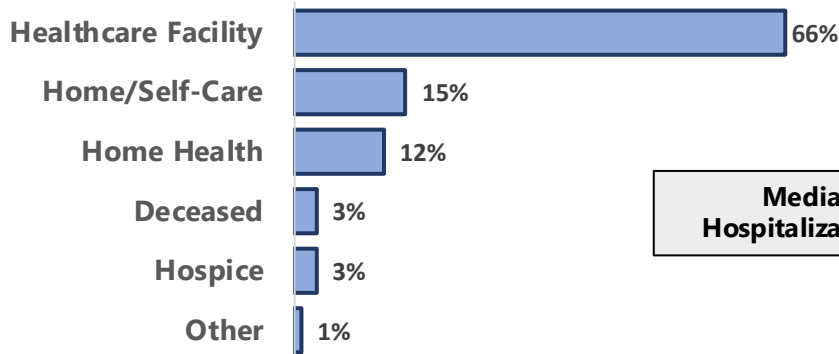
Of the older adult fall-related inpatient hospitalizations from 2018–2025,

- 96% were White, 3% were Black, and 1% were another race, and
- **46% resulted in a hip fracture.**



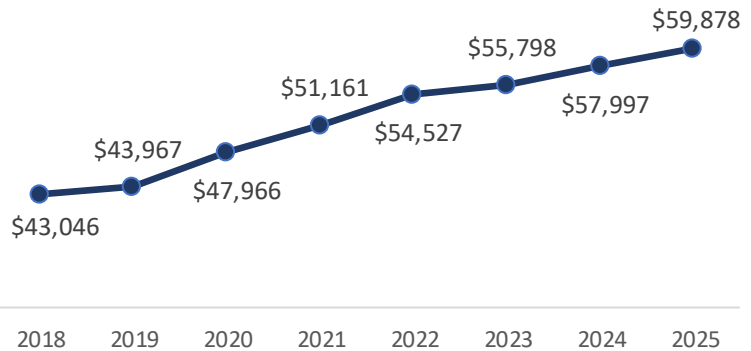
¹Inpatient hospitalizations represent encounters of care and could be greater than the number of individual patients treated at an acute care facility in Kentucky. ²Older adults are Kentucky residents 65 years and older. ³The impact of the Covid-19 pandemic that started in 2020 should be considered when interpreting data and trend analyses. Inpatient hospitalization data source: Kentucky inpatient hospitalization claims files, Office of Data Analytics. Death data source: Kentucky Death Certificate Database, Kentucky Office of Vital Statistics, Cabinet for Health and Family Services. July 2026. Data are provisional and subject to change. Images from flaticon.com.

Unintentional Fall-Related Inpatient Hospitalizations among Kentucky Older Adults by Discharge Status, 2018-2025



38% of unintentional fall-related deaths occurred due to a fall occurring on the same level.

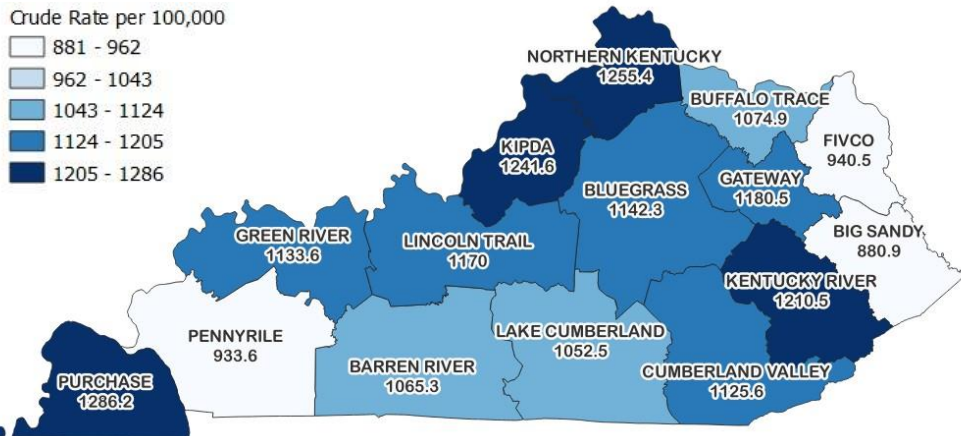
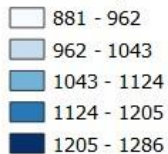
Median Discharge Costs from Inpatient Hospitalizations among Older Adults, 2018-2025



The average discharge cost for an older adult fall-related hospitalization was **\$64,877**. Discharge costs totaled **\$4,755,666,966** from 2018-2025.

Crude Unintentional Fall-Related Inpatient Hospitalization Rates among Kentucky Older Adults by Area Development District, 2018-2025

Crude Rate per 100,000

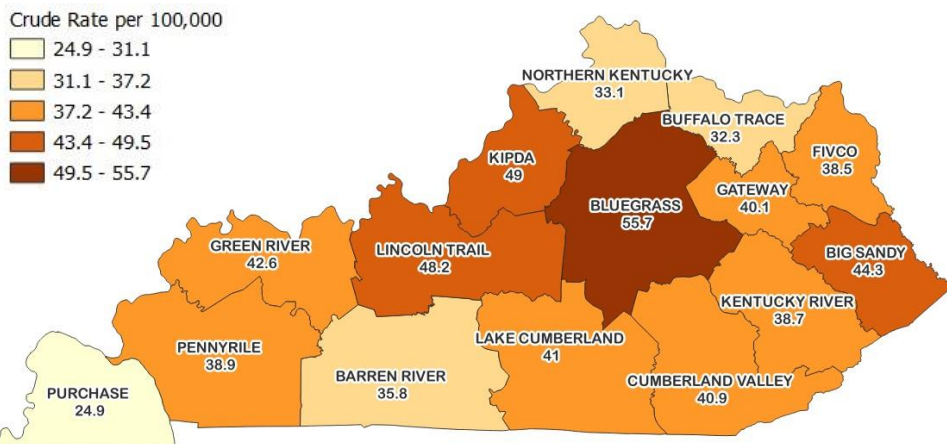
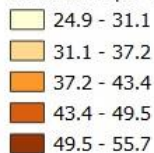


Fall-related inpatient hospitalizations and death rates for older adults vary by Area Development District (ADD).

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

Crude Unintentional Fall-Related Death Rates among Kentucky Older Adults by Area Development District, 2018-2025

Crude Rate per 100,000



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



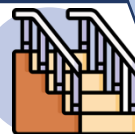
Kentucky Public Health
Prevent. Promote. Protect.

Older Adults: What Can I Do?



Thirty-one 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 resulted from falls from stairs and steps. Use hand railings to support oneself when 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 falling.



What Can Healthcare Providers Do?

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

STopping **E**lderly **A**ccidents,
Deaths, and **I**njuries

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 and 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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