



PREVENTION MATTERS

THE CENTER FOR INJURY PREVENTION AND POLICY

Falls Prevention

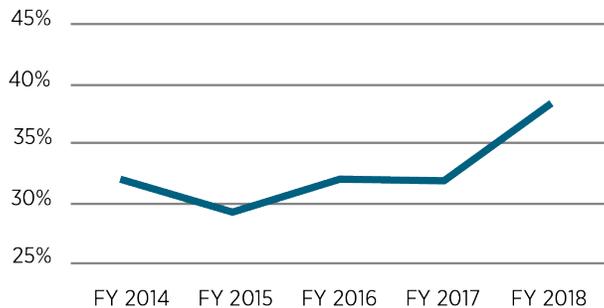
Falls are a leading cause of death and disability in the United States. Falls can result in minor bumps and bruises, but can also cause broken bones in the arm or leg. Severe falls can lead to broken hips and result in long hospital stays and even death. As the population ages, the number of hospital admissions for injuries associated with falls increases too. In fact, **falls are now the number one reason** people are taken to the R Adams Cowley Shock Trauma Center.



Unintentional Falls are the single leading cause of injury in the United States. In fact, over 30% of all injuries nationwide are the result of falls. Falls are also the third leading cause of injury death in the nation. And while they are the leading cause of death for people aged 65 and older, **falls are not a normal part of aging**. In older adults, falls often result in a loss of independence but it does not need to be that way; **falls can be prevented**. (Based on 2016 Data from CDC WISQARS)

Falls are on the Rise

The number of falls being seen at Shock Trauma increased significantly between FY 2017 and FY 2018.



Falls Registry

A falls registry gives researchers a better understanding of what happens before a fall and how different factors impact the severity of the injury. The Shock Trauma Center published a study in 2017 that found that prevention efforts should focus on educating older adults on how to walk, position their body, and use assistive devices such as a walker or a cane properly. Now that we understand some of the factors that lead to falls, we can take those lessons into the community and teach people that are at an increased risk of risk of falling.

Falls in Baltimore

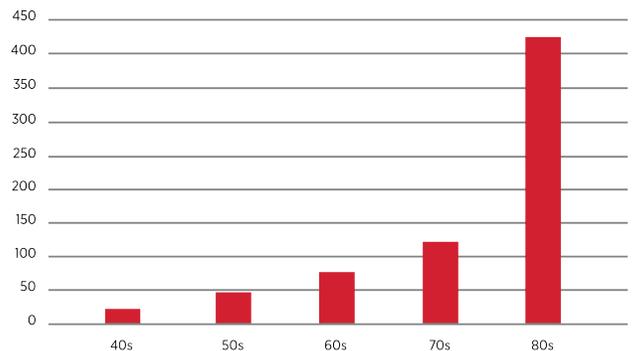
The number of fall-related emergency room visits in Baltimore City is more than 20% higher than the rest of the state. The average cost of a hospital stay after a single fall is \$39,000. This adds up to \$60 million in fall-related hospital stays every year in Baltimore City alone.

(Source: Baltimore City Health Department, 2018)

Maryland Fall Facts

In 2014, there were **22,212 hospital stays for fall-related injuries** in people of all ages in Maryland. Of those, 70% were 65 and older.

Number of Fall-Related Deaths in Maryland by Age



FOR MORE INFORMATION ON:

Center for Injury Prevention and Policy visit umm.edu/CIPP
STC Prevention Matters visit umm.edu/PreventionMatters

Source: Center for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) (2016 Data)

NUMBERS AT A GLANCE

**\$50
BILLION**

In 2015, the total cost of fall injuries was **\$50 billion**.



An older adult is seen in the emergency room for a fall every **19 seconds**.

30%

Of the 2.8 million older adults who are treated in emergency departments after a fall, nearly 30% are hospitalized with traumatic brain injury or hip fractures.



Each year approximately **1 in 4** healthy adults 65 and older will fall.

18%-33%

Studies show that between 18%-33% of older patients with a hip fracture die within 1 year of their [injury] (*Magaziner, 2000*).



1 in 2 adults 80 and older living in the community will suffer a fall.

25%

Falls account for 10% of emergency department visits and take up 25% of all trauma care resources.



Fall Prevention Awareness Day

The first day of fall also serves as Fall Prevention Awareness Day. This day is sponsored by the National Council on Aging and gives healthcare professionals, older adults, and families the chance to raise awareness about falls and their impact on the greater community. Governor Hogan has supported the effort by extending Fall Prevention Awareness Day into Fall Prevention Awareness week. Activities during this week have raised awareness about falls prevention, reaching well over 1,000 Marylanders every year.

Stepping On

Stepping On is a 7 week program designed for people who are living at home and have experienced a fall or are concerned about falling. The program is backed by scientific research and is proven to be effective in reducing falls in older adults living in the community.

A number of hospitals in the University of Maryland Medical System offer *Stepping On* classes for free through their Community Health Outreach Programs. Contact your local office to see when the next class is being offered.



University of Maryland Medical Center

UMMC Midtown Campus

UM Baltimore Washington Medical Center

UM Capital Region Health

UM Charles Regional Medical Center

UM Rehabilitation & Orthopaedic Institute

UM St. Joseph Medical Center

UM Shore Regional Health

UM Upper Chesapeake Health

Mt. Washington Pediatric Hospital

RESOURCES

National Council on Aging:

www.ncoa.org/healthy-aging/falls-prevention

Center for Disease Control and Prevention:

www.cdc.gov/homeandrecreationalafety/falls

Department of Aging Maryland Access Point:

aging.maryland.gov/accesspoint