

Falls Among Older Adults:

Across the US

- Approximately 30% of adults aged 65 and older suffer a fall annually
- Approximately one-third of falls resulting in serious injuries requiring medical attention, emergency room visits, or hospitalizations.
- Annual direct and indirect costs of fall injuries in the US is estimated to reach \$67.7 billion by 2020.

Texas

- Falls were the leading causes of injury in 2013.
- Direct medical costs associated with falls among those aged 50 and older increased from \$1.9 to \$3.1 billion dollars from 2007 to 2011.

Falls are a serious and costly health risk to Texas and Texans!

FALL FREE SAFETY TIPS

- Find a good balance and exercise program
- Talk to your health care provider
- Regularly review your medications with your doctor or pharmacist
- Get your vision and hearing checked annually and update your eyeglasses
- Keep your home safe
- Talk with your family members

Policies to help prevent falls are needed!

The [Texas Falls Prevention Coalition](#) will work on building at least 4 of the following falls free policies within the next 2 years:



- Increase awareness of the issue and effective prevention strategies among stakeholders
- Increase provider participation in fall prevention practices
- Increase funding opportunities and investments for fall prevention
- Enhance data surveillance collection, analysis and system linkages
- Increase the availability and accessibility of community programs and services
- Build and leverage an integrated, sustainable fall prevention network
- Improve fall prevention activities in places where older adults reside
- Institute ongoing evaluation of state efforts and outcomes.

Relevant Evidence-Based Programs:

[A Matter of Balance](#)

Reduce Fear of Falling
Increase Physical Activity Levels

[Fit & Strong!](#)

Strength Training and Aerobic Walking

[Texercise Select](#)

Increase Physical Activity
Physical Activity and Nutrition Information

[Chronic Disease Self-Management Program](#)

Improve Self-Confidence in Managing Chronic Conditions

[Diabetes Self-Management Program](#)

Strategies to Manage Diabetes
Exercise, Nutrition, Medication Management, Communication
with Health Care Providers

FALLS ARE PREVENTABLE!

- Participation in falls prevention programs is an easy & safe way to reduce your risk of falls
- Other evidence-based programs can complement falls prevention activities
- There are opportunities to expand falls prevention programs & partnerships across Texas

Partners and Resources

- The [Texas Falls Prevention Coalition](#) coordinated through [Texas A&M Program on Healthy Aging](#) serves as the hub for falls prevention information in Texas.
- The [Texas Department on Aging and Disability Services](#) supports evidence-based programs.
- The [National Council on Aging](#) & the International [Council on Active Aging](#) have resources available to older adults and their family, and caregivers on Evidence-Based Programs and fall prevention.
- See [EvidencetoPrograms](#) for web-based information on choosing or implementing evidence-based programs.
- Contact your local Area Agency on Aging for information on local evidence-based programs.
- The [American Physical Therapy Association](#) provides information on balance and falls risk.



For more information and a complete list of citations, please visit fallsfreetexas.org



Falls Prevention Fact Sheet

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