

# Healthy Aging Communication Network

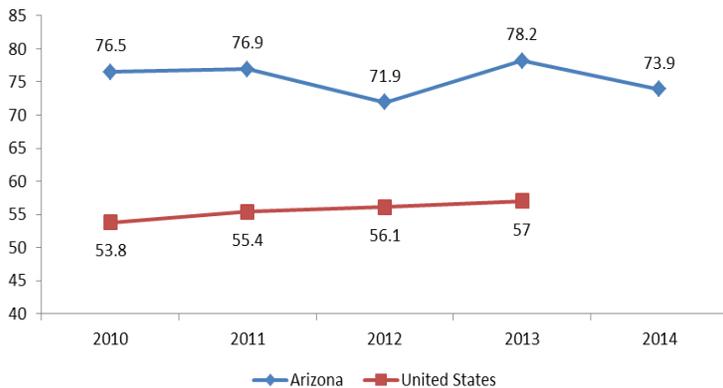
Living Stronger & Longer

Falls among Arizonans 65 years and older, 2014

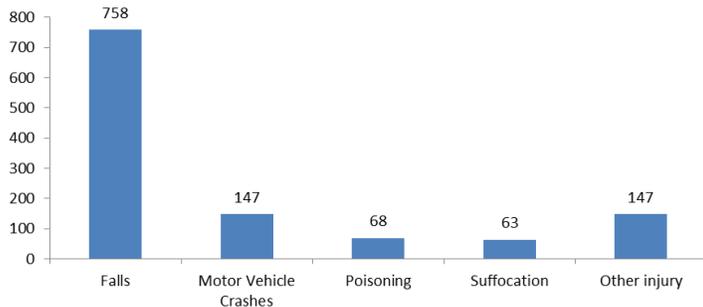
Unintentional Falls were the leading cause of injury-related mortality among Arizona residents 65 years and older.

On average accounting for two deaths EVERY day.

Mortality Rates Due to Unintentional Fall in those 65+ Years, per 100,000, Arizona Compared to the United States, 2010-2014



Leading Causes of Unintentional Injury-Related Deaths Among Arizona Residents 65 years and Older, 2014 (n=1,211)

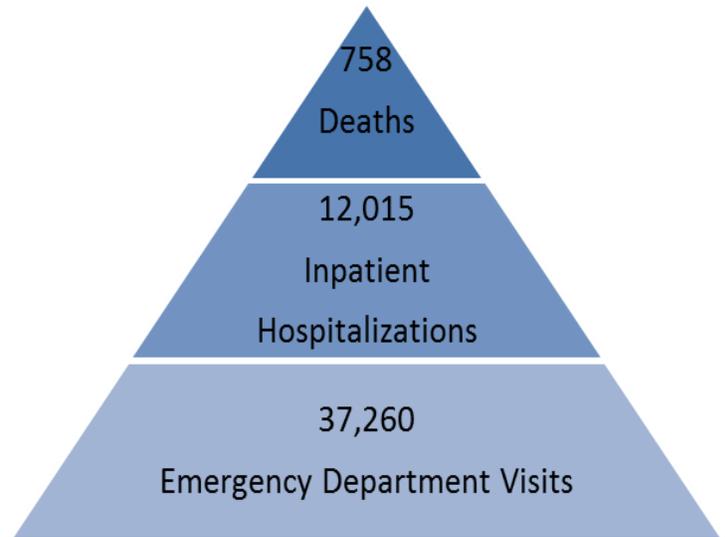


## What can be done to reduce the risk of unintentional falls?

- \* Maintain a regular exercise program to increase strength, balance, and coordination. Tai Chi classes are an evidence-based method.
- \* Regularly review medications with a healthcare provider, and safely dispose of prescriptions that are no longer needed.
- \* Have yearly eye exams.
- \* Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.

Visit the Arizona Healthy Aging website at: <http://www.azdhs.gov/phs/healthy-aging/>

Produced by the Arizona Department of Health Services, Office of Injury Prevention  
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More than 5,500 older adults were hospitalized for a hip fracture (46 percent of fall-related hospitalizations).

## Among 2014 hospitalizations and emergency department visits:

- ⇒ The average length of stay in the hospital was 4.6 days
- ⇒ The average charges for inpatient visits were \$56,510, and totaled over \$678.9 million
- ⇒ ED visits resulted in charges totaling over \$245.2 million
- ⇒ These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

Every 15 minutes an older adult is treated in the emergency department due to a fall-related injury.



Health and Wellness for all Arizonans