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

Among 2013 hospitalizations and emergency department visits:
- The average length of stay in the hospital was 4 days
- The median charges for inpatient visits were $47,280, and totaled over $624.8 million ($9.2 million were charged to AHCCCS)
- ED visits resulted in charges totaling over $204.1 million ($1.9 million were charged to AHCCCS)
- These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

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/