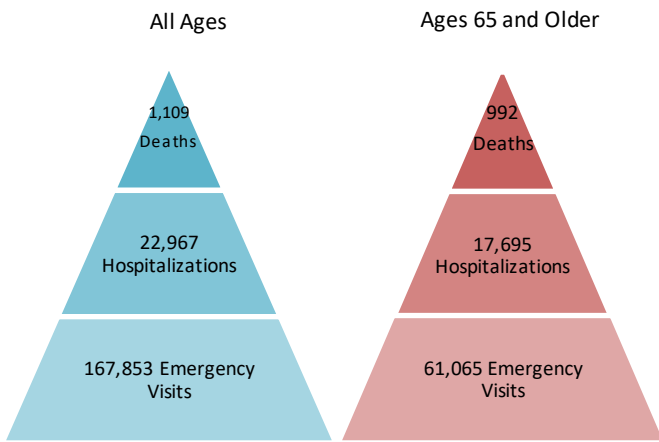




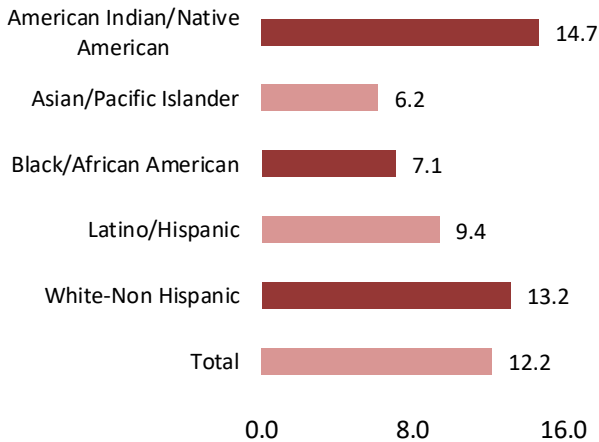
What can be done to reduce the risk of falling?

- Maintain a regular exercise program to increase strength, balance, and coordination. Tai Chi classes are an evidence-based method.
- Regularly review meds with a healthcare provider, and dispose unused meds
- Have yearly eye and hearing exams.
- Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.
- Ask your provider for an annual Medicare falls risk assessment.

Falls



Age Adjusted Unintentional Fall Mortality Rate by Race and Ethnicity-Arizona 2019



Injury Related Falls among Arizonans, 2019

-The leading cause of injury-related deaths among Arizona residents 65+ Years

-Females 85 years old and older had the highest fall mortality rate (369 deaths per 100,000 residents)

-61% of fatal falls occurred at home, while 5.5% of falls occurred at residential institution

- 16% of fatal falls occurred among minority residents (n=175)

-American Indian or Native Americans residents had the highest fall mortality rate (14.7 deaths per 100,000 residents)

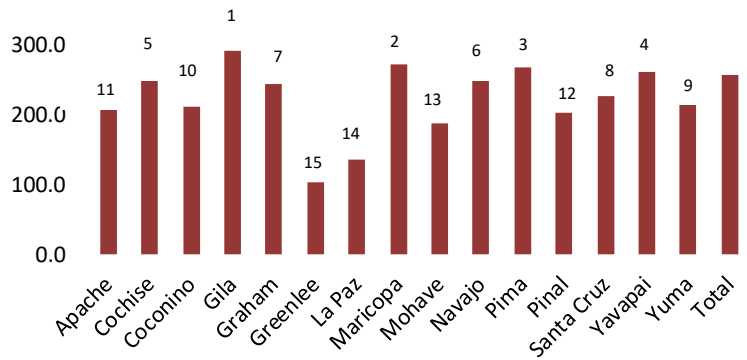
-41% of fatal falls suffered a Traumatic Brain Injury

-Patients who were hospitalized as a result of a fall stayed a total of 129,025 days collectively.

- Total cost* for unintentional falls exceeded \$3 billion dollars. Total hospitalizations costs* exceeded \$1.7 billion dollars.

*These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

Age Adjusted Unintentional Fall Rate of Hospitalizations and rank by County-Arizona 2019
1-highest rate - to 15-lowest rate



Unintentional Fall Mortality Rate per 100,000 by Age Group and Sex-Arizona 2019

