



What can be done to reduce the risk of falling?

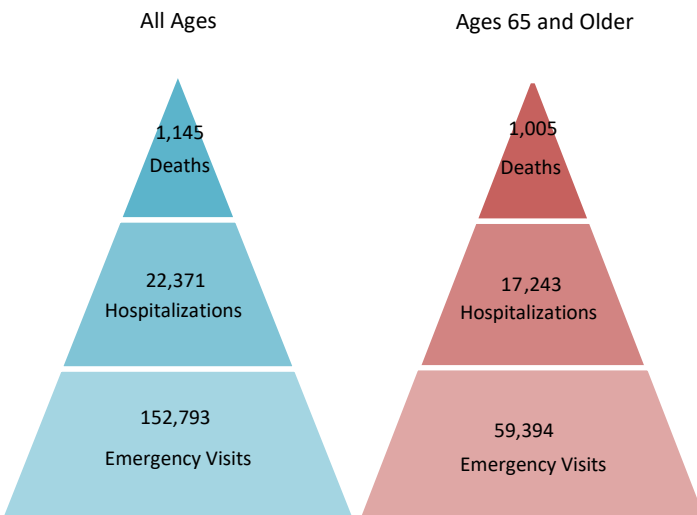
- Maintain a regular exercise program to increase strength, balance, and coordination. Tai Chi classes are one example of an evidence-based method.
- Regularly review medications with a healthcare provider, and dispose unused medications
- Have yearly eye exams
- Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.

Injury Related Falls among Arizonans, 2021

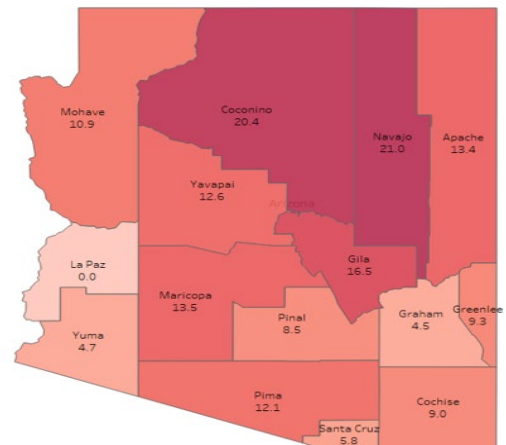
- Falls are the leading cause of injury-related deaths among Arizona residents 65+ years
- Females 85 years and older had the highest fall mortality rate (359 deaths per 100,000 residents)
- Most falls (66%) occurred at home
- American Indian or Native Americans residents had the highest fall mortality rate (19 deaths per 100,000 residents)
- Total cost* for unintentional falls exceeded \$3 billion dollars.

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

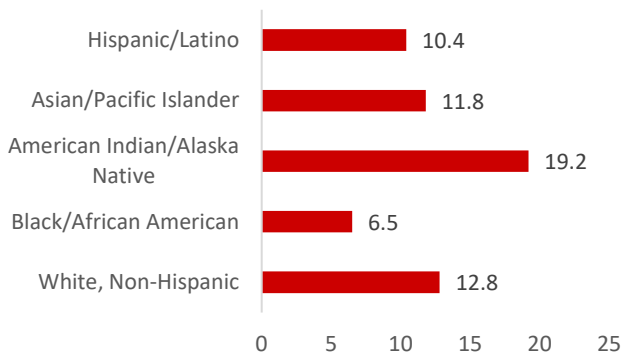
Unintentional Falls in Arizona, 2021



Age Adjusted Unintentional Fall Mortality Rate by County-Arizona, 2021



Age Adjusted Unintentional Fall Mortality Rate per 100,000 by Race and Ethnicity-Arizona 2021



Unintentional Fall Mortality Rate per 100,000 by Age Group and Sex-Arizona 2021

