

Older Adult Fall Prevention

CDC's Injury Center Uses Data and Research to Save Lives

In the United States

Falls are the
**leading cause
of injury and
injury death**

among adults ages 65 and over

More than **1 in 4**
older adults fall each year leading to

41,000 deaths

3.6M emergency
department visits

1.2M hospital stays

Older adult falls result in about

\$80 billion

in **medical costs** every year.
Medicare shoulders

2/3
of these costs

Our Mission

CDC empowers healthcare providers, public health agencies, older adults, and caregivers to help maintain the health and independence of older adults by preventing falls

CDC Equips Healthcare Providers



The **Stopping Elderly Accidents, Deaths & Injuries (STEADI) initiative** supports healthcare providers in making fall prevention a routine part of their clinical practice



STEADI-R_x guides pharmacists on how to screen pharmacy patients, assess for medication issues, and intervene to reduce patients' fall risk



A **STEADI best practices guide** helps inpatient staff make fall prevention part of the hospital stay to reduce older adult falls during and after hospitalization

CDC Educates Older Adults and Caregivers

- The **Still Going Strong** campaign **raises awareness about common injuries**, such as falls, and **provides simple steps** older adults and their caretakers can take to help older adults age without injury
- **MyMobility Plan** guides older adults on building a **plan to stay independent** by staying safe at home and mobile in their community



CDC Supports Communities

- A **CDC Compendium of Effective Fall Interventions** is a collection of evidence-based interventions to address older adult falls in communities
- With CDC funding, the **National Association of County and City Health Officials (NACCHO)** provides resources for local health departments
- **Association of State and Territorial Health Officials (ASTHO)** provides resources for state health departments