

Public Health is **EVERYWHERE**

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HEALTHY AGING - FALL PREVENTION

According to the Centers for Disease Control and Prevention, 3 million seniors are treated in emergency rooms each year for a fall-related injury, and falls are the most common cause for traumatic brain injuries. Sustaining a fall can impact a person's ability to live independently; in addition, the fear of falling can impact their quality of life. According to the National Council on Aging, fear of falling may cause an older person to limit activities and social engagements, resulting in further physical decline, depression, social isolation and feelings of helplessness. Fall prevention programming is a cost-effective way to save lives and allow older people to remain in their homes. Providing education to medical providers and seniors regarding ways to reduce fall risk in the home will not only save health care dollars, but will also assist the older person in maintaining safety and independence in their own home.

KEEP IN MIND...

- **Make your home safer:** Keep walkways and stairs clear and get rid of throw rugs or use double sided tape to keep rugs from sliding. Keep items in cabinets that are easily accessible. Use a non-slip mat in your bathtub and on your shower floor, install grab bars next to the toilet and next to and inside the tub/shower.
- **Stay physically active.** Regular exercise helps make you stronger and keeps your joints, tendons and ligaments flexible.
- **Talk to your doctor** about fall risk and prevention. Have your doctor or pharmacist review your medications, including over the counter medication. Some medicines or combination of medicines can make a person dizzy.

STATISTICALLY SPEAKING...

10% of falls result in serious injury, such as a fractured hip or a head injury, and require a hospital stay and, in many cases, an admission to a skilled nurse facility for rehabilitation.

\$50 billion was estimated to have been spent on fall-related medical costs in older people in 2015, with overall medical spending estimated to be \$754 million dollars.

30% increase in fall-related deaths between 2007 and 2016.

Source: Centers for Disease Control and Prevention

Sound clips and photo stills are available at www.scph.org/media.
Public Health is Everywhere video series is available at
<http://bit.ly/PHEverywhere>.



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