



# Older Adult Fall Prevention

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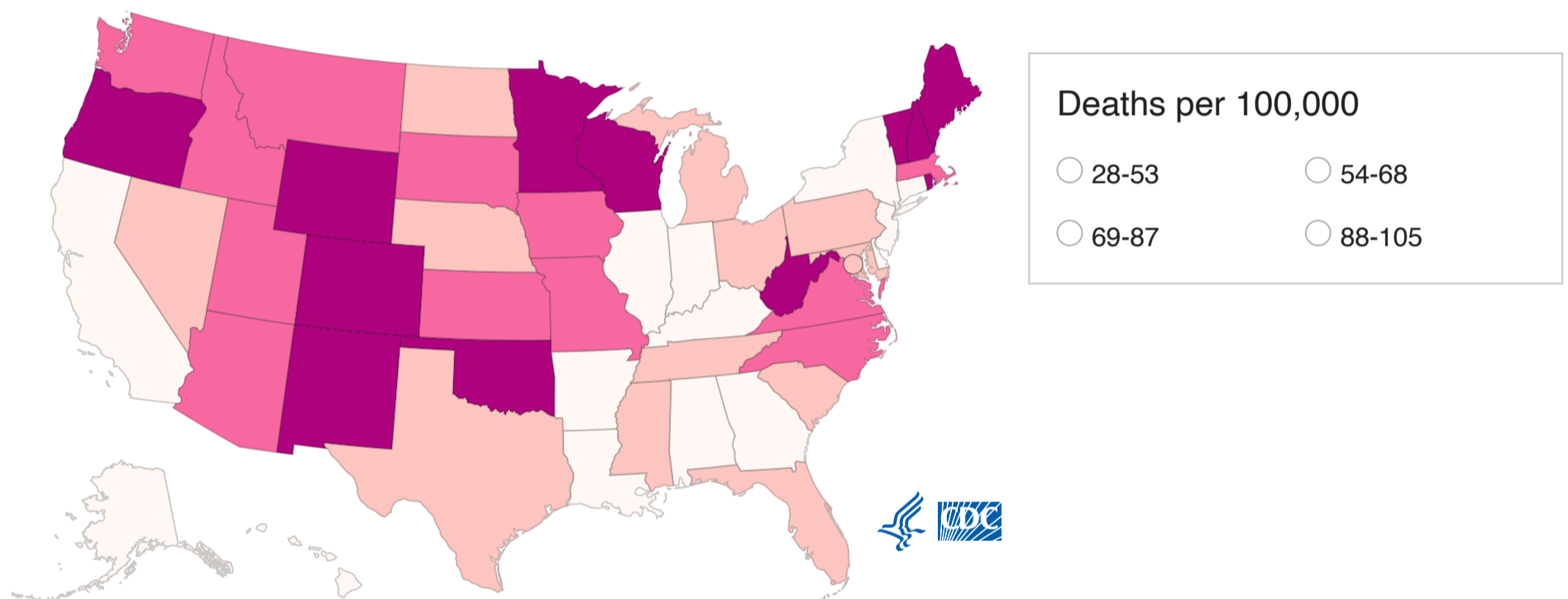
## Deaths from Older Adult Falls

Falls are the leading cause of injury-related death among adults age 65 and older, and the age-adjusted fall death rate is increasing.<sup>1,2</sup> The age-adjusted fall death rate is 64 deaths per 100,000 older adults.<sup>1</sup>

Fall death rates among adults age 65 and older increased about 30% from 2009 to 2018. The increase was observed in 30 states and the District of Columbia. The fastest growing rate was among adults aged 85 and older (about 4% per year).<sup>1</sup>

The rising number of deaths from falls among older adults can be addressed by screening for fall risk and intervening to address risk factors such as use of medicines that may increase fall risk, or poor strength and balance.

### Deaths from Falls 2018



#### Data Table

Location	Fall Deaths Per 100,000	Compared to National Rate*
<input type="radio"/> Alabama	28	lower
<input type="radio"/> Alaska	46	lower
<input type="radio"/> Arizona	84	higher
<input type="radio"/> Arkansas	44	lower
<input type="radio"/> California	40	lower
<input type="radio"/> Colorado	112	higher
<input type="radio"/> Connecticut	53	lower
<input type="radio"/> Delaware	40	lower
<input type="radio"/> District Of Columbia	56	equal
<input type="radio"/> Florida	66	equal
<input type="radio"/> Georgia	48	lower
<input type="radio"/> Hawaii	53	lower
<input type="radio"/> Idaho	82	higher
<input type="radio"/> Illinois	50	lower
<input type="radio"/> Indiana	45	lower


Location	Fall Deaths Per 100,000	Compared to National Rate*
<input type="radio"/> Iowa	85	higher
<input type="radio"/> Kansas	80	higher
<input type="radio"/> Kentucky	47	lower
<input type="radio"/> Louisiana	43	lower
<input type="radio"/> Maine	140	higher
<input type="radio"/> Maryland	68	equal
<input type="radio"/> Massachusetts	69	equal
<input type="radio"/> Michigan	67	equal
<input type="radio"/> Minnesota	124	higher
<input type="radio"/> Mississippi	56	lower
<input type="radio"/> Missouri	69	equal
<input type="radio"/> Montana	86	higher
<input type="radio"/> Nebraska	68	equal
<input type="radio"/> Nevada	68	equal
<input type="radio"/> New Hampshire	109	higher
<input type="radio"/> New Jersey	29	lower
<input type="radio"/> New Mexico	104	higher
<input type="radio"/> New York	43	lower
<input type="radio"/> North Carolina	78	higher
<input type="radio"/> North Dakota	56	equal
<input type="radio"/> Ohio	67	equal
<input type="radio"/> Oklahoma	106	higher
<input type="radio"/> Oregon	102	higher
<input type="radio"/> Pennsylvania	67	equal
<input type="radio"/> Rhode Island	109	higher
<input type="radio"/> South Carolina	67	equal
<input type="radio"/> South Dakota	86	higher
<input type="radio"/> Tennessee	66	equal
<input type="radio"/> Texas	54	lower
<input type="radio"/> Utah	69	equal
<input type="radio"/> Vermont	142	higher
<input type="radio"/> Virginia	69	equal
<input type="radio"/> Washington	87	higher
<input type="radio"/> West Virginia	93	higher
<input type="radio"/> Wisconsin	157	higher
<input type="radio"/> Wyoming	111	higher

[Download Data \(CSV\)](#)

\*Statistical differences are based on a two-sample t-test with an alpha of 0.05.

## References

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. [Web-based Injury Statistics Query and Reporting System \(WISQARS\)](#) [online].

2. Burns ER, Kakara R. Deaths from Falls Among Adults  $\geq 65$  Years—United States, 2007–2016. *MMWR Morb Mortal Wkly Rep* 2018;67:509–514. DOI: <http://dx.doi.org/10.15585/mmwr.mm6718a1>  .

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