



# Older Adult Fall Prevention

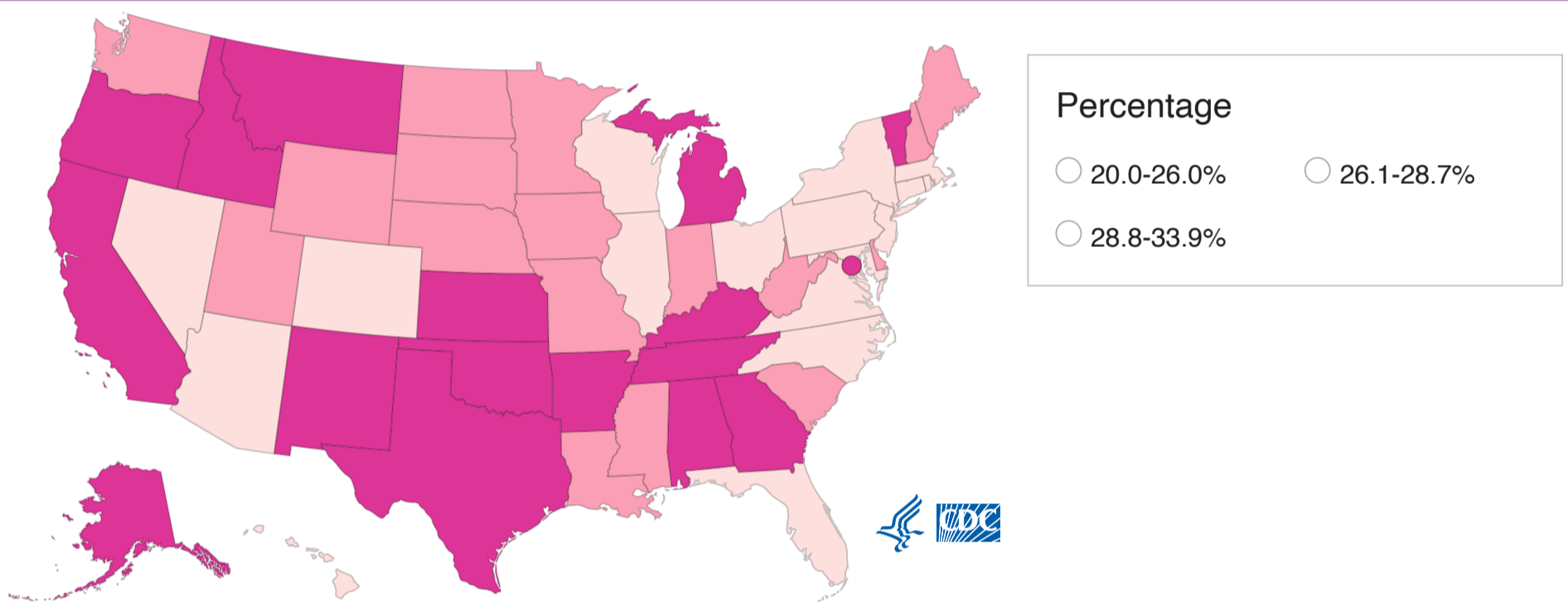
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## Older Adult Falls Reported by State

In the United States, about one in four adults (28%) age 65 and older, report falling each year. This results in about 36 million falls each year. While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated 8 million fall injuries.<sup>1</sup>

While falls are common among all states, there is variability.<sup>2,3</sup>

Falls Reported by State 2018



### Data Table


Location	Percentage of older adults who fell	Compared to national %*
<input type="radio"/> Alabama	30.7%	higher
<input type="radio"/> Alaska	30.7%	equal
<input type="radio"/> Arizona	24.0%	lower
<input type="radio"/> Arkansas	29.5%	equal
<input type="radio"/> California	30.6%	higher
<input type="radio"/> Colorado	26.0%	equal
<input type="radio"/> Connecticut	23.4%	lower
<input type="radio"/> Delaware	26.1%	equal
<input type="radio"/> District Of Columbia	31.9%	higher
<input type="radio"/> Florida	25.4%	equal
<input type="radio"/> Georgia	30.2%	higher
<input type="radio"/> Hawaii	20.0%	lower
<input type="radio"/> Idaho	33.6%	higher
<input type="radio"/> Illinois	24.4%	lower
<input type="radio"/> Indiana	28.1%	equal
<input type="radio"/> Iowa	26.2%	equal
<input type="radio"/> Kansas	28.8%	equal

Location	Percentage of older adults who fell	Compared to national %*
<input type="radio"/> Kentucky	30.6%	higher
<input type="radio"/> Louisiana	27.1%	equal
<input type="radio"/> Maine	28.3%	equal
<input type="radio"/> Maryland	23.2%	lower
<input type="radio"/> Massachusetts	25.9%	equal
<input type="radio"/> Michigan	29.4%	equal
<input type="radio"/> Minnesota	26.1%	equal
<input type="radio"/> Mississippi	28.2%	equal
<input type="radio"/> Missouri	27.3%	equal
<input type="radio"/> Montana	32.5%	higher
<input type="radio"/> Nebraska	27.5%	equal
<input type="radio"/> Nevada	25.5%	equal
<input type="radio"/> New Hampshire	26.2%	equal
<input type="radio"/> New Jersey	21.3%	lower
<input type="radio"/> New Mexico	29.6%	equal
<input type="radio"/> New York	25.9%	equal
<input type="radio"/> North Carolina	24.8%	equal
<input type="radio"/> North Dakota	26.4%	equal
<input type="radio"/> Ohio	25.7%	equal
<input type="radio"/> Oklahoma	31.4%	higher
<input type="radio"/> Oregon	32.0%	higher
<input type="radio"/> Pennsylvania	24.5%	lower
<input type="radio"/> Rhode Island	25.2%	equal
<input type="radio"/> South Carolina	26.8%	equal
<input type="radio"/> South Dakota	27.4%	equal
<input type="radio"/> Tennessee	30.0%	equal
<input type="radio"/> Texas	33.9%	higher
<input type="radio"/> Utah	28.7%	equal
<input type="radio"/> Vermont	33.0%	higher
<input type="radio"/> Virginia	25.3%	lower
<input type="radio"/> Washington	27.8%	equal
<input type="radio"/> West Virginia	28.4%	equal
<input type="radio"/> Wisconsin	25.7%	equal
<input type="radio"/> Wyoming	26.3%	equal

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

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

## References

1. Moreland B, Kakara R, Henry A. Trends in Nonfatal Falls and Fall-Related Injuries Among Adults Aged  $\geq 65$  Years — United States, 2012–2018. MMWR Morb Mortal Wkly Rep 2020;69:875–881. DOI: <http://dx.doi.org/10.15585/mmwr.mm6927a5> 
2. Bergen G, Stevens MR, Burns ER. Falls and Fall Injuries Among Adults Aged  $\geq 65$  Years — United States, 2014. MMWR Morb Mortal Wkly Rep 2016;65:993–998. DOI: <http://dx.doi.org/10.15585/mmwr.mm6537a2> 