

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

36,000 deaths

3M emergency
department visits

1M hospital stays

Older adult falls result in more than

\$50 billion
in **medical costs** every year.
Medicare and Medicaid shoulder

75%
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

→ **MyMobility Plan** guides older adults on building a **plan to stay independent** by staying safe at home and mobile in their community

→ 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



CDC Supports Communities

→ With CDC funding, the **National Association of County and City Health Officials leverages community partners**, such as emergency medical services, to promote fall prevention with older adults in their homes