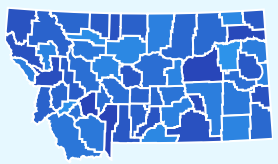




# Fall Prevention



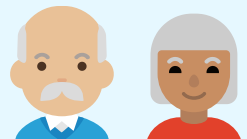
## 1,900

Montanans were hospitalized due to unintentional falls in 2020



## 56%

were women



## 74%

were 65 years or older



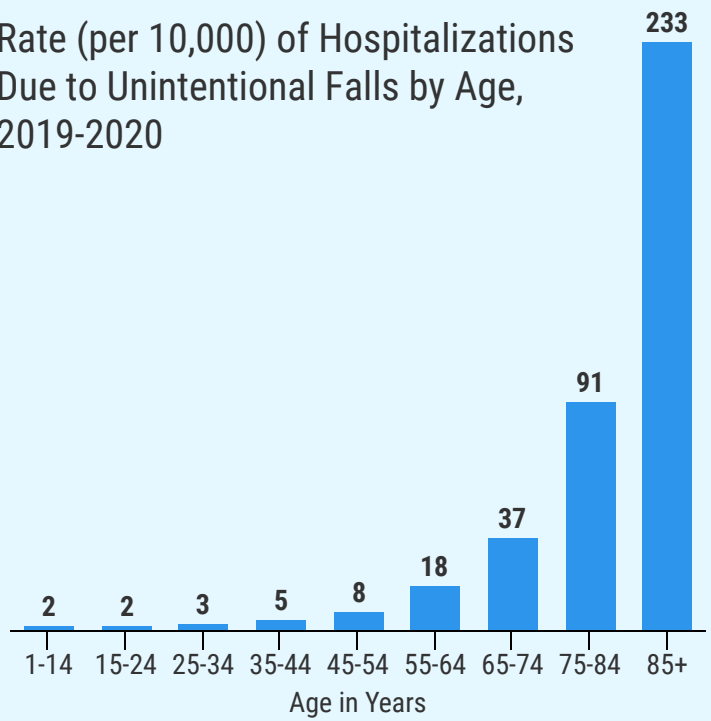
## 48%

of falls among older Montanans (aged 55+) are from a slip, trip, or stumble on ground level



Nearly **one in three** Montanans age 65 or older report falling at least once in the last 12 months

Rate (per 10,000) of Hospitalizations Due to Unintentional Falls by Age, 2019-2020



## Five Steps to Prevent Falls

1. Start or maintain an exercise program
2. Talk with your healthcare provider
3. Review your medications with your doctor and/or pharmacist
4. Have your vision and hearing checked
5. Keep your home safe by removing tripping hazards

## One in five falls result in a serious injury



For more information please visit: <https://dphhs.mt.gov/publichealth/emsts/prevention/falls>

Sources: Montana Behavioral Risk Factor Survey, 2018; Montana Trauma Registry, 2020; Montana Hospital Discharge Dataset, 2019-2020.