



## BURDEN FACTS

- Falls are the leading cause of both fatal and non-fatal injuries for adults aged 65+.<sup>1</sup>
- Nearly 1 in 3 Montanans aged 65+ fall each year.<sup>2</sup>
- Falling one time doubles your chances of falling again.<sup>1</sup>
- Over 95% of hip fractures are caused from falling.<sup>1</sup>
- Men and women are just as likely to experience a fall, however women are more likely to sustain an injury.<sup>1, 2</sup>

### CONTACT

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## Falls Among Older Adults in Montana

### Falls Facts

- The risk of falling, as well as sustaining an injury due to a fall, increases with age.
- Almost half (48%) of the falls among older Montanans (aged 55+) are from a slip, trip, or stumble on ground level.<sup>2</sup>
- Falls are significantly more common among those reporting a disability compared to those who do not report having a disability (42% vs 25%, respectively) though all adults are at risk of falling.

### Preventing Falls

- Falling is not a normal part of aging; they can be prevented.
- Stay physically active with strength and balance exercises.
- Talk with a healthcare provider to evaluate risk of falling.
- Keep your home safe by removing clutter, installing grab bars in the bathroom, and ensuring there is adequate lighting throughout the home.

### Know Your Risk

- Complete a quick, free, and confidential falls risk assessment
  - Falls Free CheckUp:  
<https://www.ncoa.org/tools/falls-free-checkup>

### RESOURCES

1. Montana Behavioral Risk Factor Survey, 2020
2. Montana Trauma Registry, 2020
3. Montana Hospital Discharge Dataset, 2019-2020