

Special Emphasis Report:

# Older Adult Falls

<CURRENT YEAR>  
<STATE>

UNDERSTANDING  
OLDER ADULT FALLS

[placeholder]

## Impact and Magnitude of Older Adult Falls

During <DATA YEAR>, older adult falls were sustained by <total #> of people in <State>. Among those injured, <#> (<rate> per 100,000 population) died where older adult falls were reported as a cause of death, another <#> (<rate> per 100,000) were hospitalized with an older adult fall, and an additional <#> (<rate> per 100,000) were treated and released from emergency departments with an older adult fall. In all instances, older adult falls could be either the only injury or one of several injuries and/or medical conditions listed. <Information on co-occurring disorders>

## Causes of Older Adult Falls

Cause of injury, as measured by rate per 100,000 people, varies across the three levels of severity. <Cause> was the leading cause of older adult falls related deaths. <Cause> was the leading cause of older adult falls related hospitalizations. <Cause> was the leading cause of older adult falls related emergency department visits (treated and released).

## Older Adult Falls by Age and Sex

The highest number of older adult fall-related deaths\* were among <sex> ages <insert age range>, as shown in Figure 3. Among those with older adult fall-related hospitalizations,\*\* persons ages <insert age range> were most affected. Persons ages <insert age range> made the most older adult fall-related emergency department visits.\*\* <Additional information to note that falls are happening among younger age groups, if applicable>

\* Older adult falls were reported as a cause of death on the death certificate alone or in combination with other injuries or conditions  
\*\* Older adult falls alone or in combination with other injuries or conditions

FIGURE 1: Percentage of Annual Older Adult Falls-Related Deaths, Hospitalizations, and Emergency Department Visits by Cause in <Data Year>

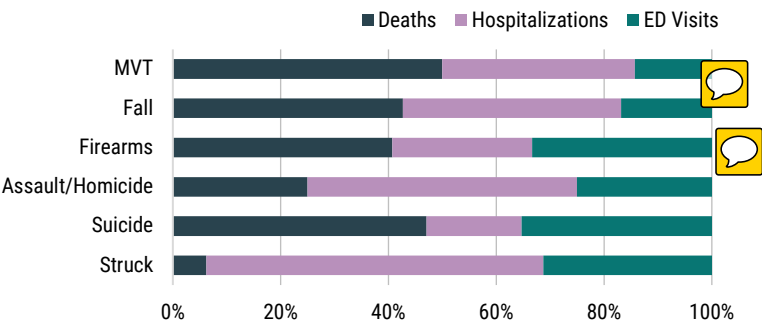
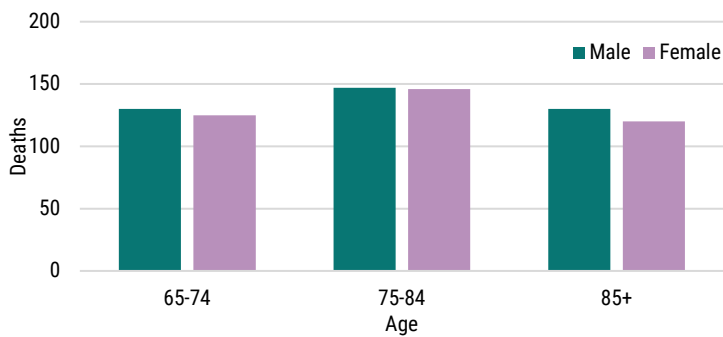


FIGURE 2: Causes of Older Adult Falls-Related Deaths by Rate per 100,000 in <Data Year>

| Cause | Count | Rate per 100K People |
|-------|-------|----------------------|
| 1.    |       |                      |
| 2.    |       |                      |
| 3.    |       |                      |
| 4.    |       |                      |
| 5.    |       |                      |
| 6.    |       |                      |

FIGURE 3: Older Adult Falls-Related Deaths by Age and Sex in <Data Year>



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## Older Adult Falls Prevention Strategies

CDC's National Center for Injury Prevention and Control (Injury Center) is committed to protecting people against preventable older adult falls by putting science into action.

**To Help Older Adults:** *Make CDC's STEADI Part of Every Medical Practice.*

STEADI (Stopping Elderly Accidents, Deaths, and Injuries) is a toolkit to help health care providers incorporate fall risk assessment and individualized fall interventions (e.g., exercise, medication management, and Vitamin D supplementation) into their practice. Learn more at [www.cdc.gov/STEADI](http://www.cdc.gov/STEADI).

**To Help Young Athletes:** *Get a HEADS UP on Creating a Culture of Concussion Safety in Sports.*



HEADS UP educational materials are designed to support individuals (such as coaches and health care providers) and organizations (such as schools and sports programs) with their concussion safety efforts. Learn more at [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).

**To Help Parents and Teen Drivers:** *"Parents Are the Key" to Teen Driver Safety.*

Parents Are the Key materials helps parents, pediatricians, and communities keep teen drivers safe on the road. Parents Are the Key includes evidence-based strategies and can be customized with an organization's logo. Learn more at [www.cdc.gov/ParentsAretheKey](http://www.cdc.gov/ParentsAretheKey).

## Older Adult Falls by <Group<img alt="Yellow speech bubble icon" data-bbox="765 230 795 255"/> Health Region, or Location>

Certain populations have higher rates of older adult falls and may need special prevention measures. The highest rates per 100,000 residents were <in/among> <group or health region>.

| <Group, Health Region, Location> | Count | Rate |
|----------------------------------|-------|------|
| 1.                               |       |      |
| 2.                               |       |      |
| 3.                               |       |      |
| 4.                               |       |      |
| 5.                               |       |      |

## Older Adult Falls Activities

|                              |  |
|------------------------------|--|
| PREVENTION                   |  |
| SURVEILLANCE                 |  |
| PARTNERSHIPS                 |  |
| ACCOMPLISHMENTS/<br>SUCCESES |  |
| INSURANCE<br>COVERAGE        |  |

Note: Older adult falls-related cases were identified by first limiting the datasets to injury cases based on external cause of injury (deaths), primary diagnosis (hospitalizations), or both (emergency department visits). All fields were then searched for older adult falls diagnostic codes. For confidentiality and data stability purposes, small counts are suppressed. Suppression rules vary by state and territory, and across datasets. Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.