At A Glance

- A hip fracture is a fracture of the neck of the femur or thighbone, usually where it meets the pelvic bone.
- Hip fractures are often related to falls and can lead to a steep decline in health due to an individual's loss of mobility and independence.

In 2012:

- 19,162 Florida residents ages 65 and older were hospitalized for a non-fatal hip fracture.
- 32% of all non-fatal injury hospitalizations among Florida residents ages 65 and older were related to a hip fracture.

Economic Impact

In 2012:

- The median admission charge for non-fatal hip fracture hospitalizations was $62,703; total charges exceeded $1.3 billion. The median length of stay was five days.
- Medicare was the payer source for 96% of these hospitalizations.
Discharge Status And Outcomes

- Hip fractures can cause severe health problems and lead to reduced quality of life and premature death.\(^1\)
- About one in five hip fracture patients dies within one year of their injury.\(^2\)
- Up to one in four adults who lived independently before their hip fracture has to stay in a nursing home for at least one year after their injury.\(^3\)

In 2012, among Florida residents ages 65 years and older:
- The majority (71%) of patients were discharged to a skilled nursing facility after their hospital treatment; only 2% of patients were discharged directly home.

Who Is Injured?

In 2012, among Florida residents ages 65 years and older:
- Females had higher rates of non-fatal hip fracture hospitalization than their male counterparts.
- The hospitalization rate of non-fatal hip fractures increased dramatically as age increased.

- Females accounted for 71% of non-fatal hospitalizations while males accounted for 29%.
- White residents accounted for 92% of non-fatal hospitalizations. Other Non-White residents accounted for 5% and Black residents accounted for 3%.

Non-Fatal Hip Fracture Hospitalizations, by Age and Sex, Florida Residents Ages 65 Years and Older, 2012

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Female</th>
<th>Male</th>
<th>White</th>
<th>Black</th>
<th>Other Non-White</th>
<th>Both Sexes, All Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>65–69</td>
<td>13,635</td>
<td>5,527</td>
<td>17,565</td>
<td>592</td>
<td>883</td>
<td>19,162</td>
</tr>
</tbody>
</table>

*Some records have unknown sex or race; categories may not add up to total.*
In 2012, among Florida residents ages 65 years and older:

- Non-Hispanic residents had a higher rate of non-fatal hip fracture hospitalizations than Hispanic residents.
- Other Non-White residents had the highest rate of non-fatal hip fracture hospitalizations followed by White residents and Black residents.

Where And How

In 2012, when coded (47% of records), among Florida residents ages 65 years and older:

- At least 84% of non-fatal hip fractures requiring hospitalization occurred in or around a place of residence such as a home or residential institution.
- At least 96% of non-fatal hip fracture hospitalizations were related to a fall.
Prevention Tips

The most effective way to prevent fall-related injuries, including hip fractures, is to combine exercise with other fall prevention strategies.  

- Exercise regularly to maintain or improve strength and balance.  
- Have medicines reviewed—both prescription and over-the-counter—to reduce side effects and interactions.  
- Have yearly eye exams.  
- Improve lighting in the home.  
- Reduce fall hazards in the home.

Information And Resources

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control:  
  www.cdc.gov/homeandrecreationalsafety/falls/index.html
- Center for Healthy Aging:  www.healthyagingprograms.org
- National Safety Council:  www.nsc.org/safety_home/Resources/Pages/Falls.aspx
- Center for Excellence for Fall Prevention:  www.stopfalls.org
- National Institute on Aging, Age Page: Preventing Falls and Fractures:  

References


Data Sources and Case Definitions

Non-Fatal Hip Fracture Hospitalizations: Agency for Health Care Administration, Hospital Discharge Data; Records with Injury Principal Diagnosis and Primary or Secondary Hip Fracture Diagnosis ICD-9 CM 820