

Older Adult Falls in Florida

65 & Older

SURVEILLANCE DATA: 2013

FLORIDA INJURY PREVENTION

www.floridahealth.gov/injury

Falls are the leading cause of fatal and non-fatal injuries among Florida's older adult population. Falls are major physical, personal, social and economic burdens for older adults.



2,318 older adults were fatally injured by an unintentional fall. There were another 46,666 hospitalizations for non-fatal injuries.

FACTS ABOUT FALLS



Falls occurred most often near the stairs or a bed, or as a result of a slip, trip or stumble.

The average length of stay in the hospital for a fall was **four** days.

In 2013, the median admission charge for fall-related, non-fatal unintentional injury hospitalizations was **\$51,547**—total costs exceeded **\$2.9 billion**.



LESSEN YOUR RISK

Exercise regularly.

Have your vision checked annually.

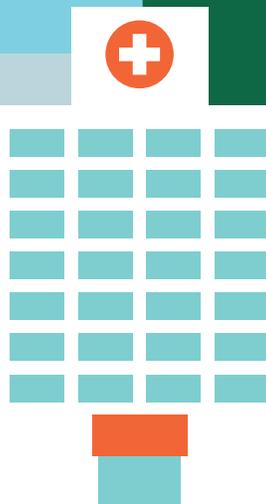
Eliminate fall hazards in your home.

Review your medication with your health care provider frequently.



Older Adult Fall Rates per 100,000

Hospitalizations	
YEAR	RATE
2009	1,321
2010	1,335
2011	1,342
2012	1,344
2013	1,328



Deaths	
YEAR	RATE
2009	53.0
2010	57.0
2011	59.7
2012	63.8
2013	66.0



Medicare paid for 95% of fall-related hospitalization for Floridians 65+.

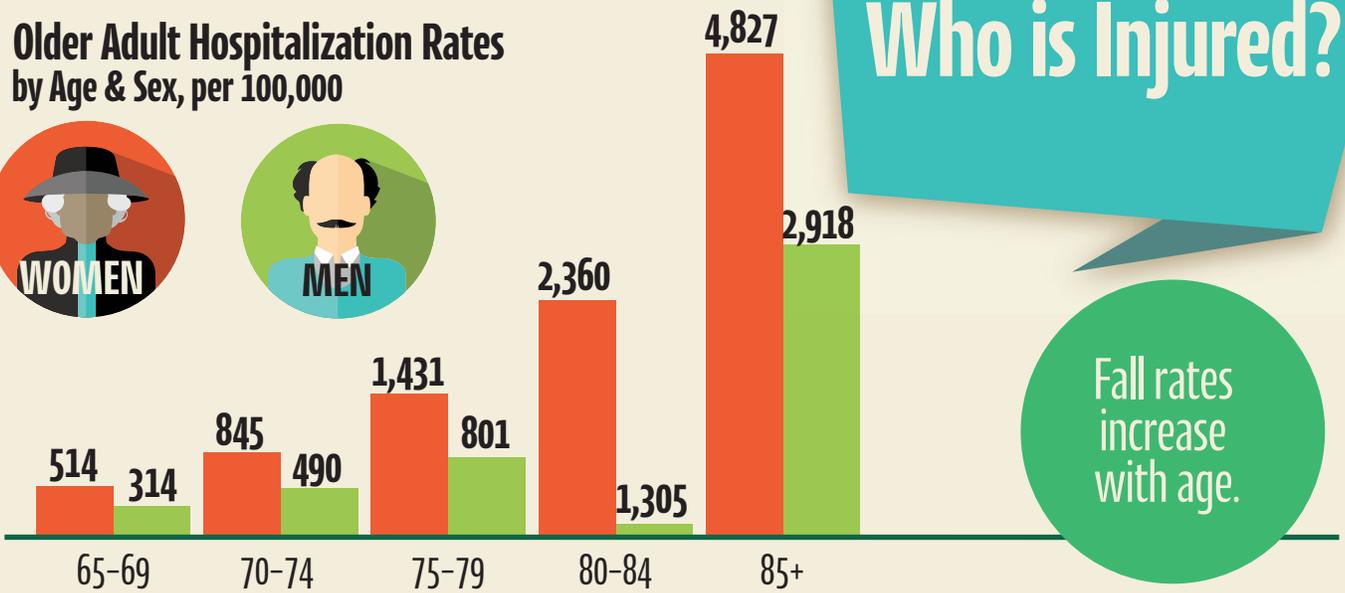
LEARN MORE:

www.floridahealth.gov/programs-and-services/prevention/older-adult-falls-prevention/index.html

www.cdc.gov/steady

www.ncoa.org/healthy-aging/falls-prevention/

Older Adult Hospitalization Rates by Age & Sex, per 100,000



Fall rates increase with age.

Women are more likely to fall and sustain injuries, but men are more likely to die from a fall.

RAW DATA	FEMALE	MALE	WHITE	BLACK	OTHER/NON-WHITE	BOTH SEXES/ALL RACES
DEATHS	1,201	1,117	2,222	57	39	2,318
NON-FATAL HOSPITALIZATIONS	32,802	13,864	41,963	1,652	2,693	46,666

Most Common Injuries from Falls:

RESULTING IN Hospitalization per 100,000

LOWER EXTREMITY (NOT HIP) FRACTURE	35%	22,677
HIP	28%	18,071
TRAUMATIC BRAIN INJURY	9%	6,067
UPPER EXTREMITY FRACTURE	8%	4,958
SPINE OR BACK FRACTURE	7%	4,483
TORSO FRACTURE	6%	3,846
HEAD, FACE OR NECK FRACTURE	1%	555
ALL OTHERS	14%	4,471
TOTAL HOSPITALIZATIONS:		65,128

Hip fractures were related to **25%** of fall-related deaths and responsible for **28%** of fall-related injury hospitalizations.

Traumatic brain injuries were related to **55%** of fall-related deaths and responsible for **9%** of non-fatal fall-related injury hospitalizations.

RESULTING IN Death per 100,000

TRAUMATIC BRAIN INJURY	55%	1,362
HIP FRACTURE	25%	622
LOWER EXTREMITY (NOT HIP) FRACTURE	12%	305
UNSPECIFIED NECK FRACTURE	4%	99
UPPER EXTREMITY FRACTURE	3%	71
TOTAL DEATHS:		2,459

