

New Hampshire Leadership

Making a Difference to Address Falls Prevention



Did you Know... every year in the United States, more than 1/3 of adults age 65+ have a fall, with approximately 1/5 of fallers sustaining a serious injury? Research indicates that people who fall are 2-3 times more likely to fall again, and each fall increases the likelihood of more serious injury or death.

New Hampshire Falls Facts

- Falls are the leading cause of unintentional injury deaths among people 65-85+ with 201 deaths in 2014
- In 2014 there were 7,276 older adults treated for fall related injuries in emergency departments and hospitals
- In 2009 the total approximate cost for NH hospitalizations (inpatient and emergency departments) was \$109.2 million
- In 2010, combined cost related to older adult injury deaths (ages 65+) in New Hampshire total \$18,112,000 (source CDC WISQARS cost of injury report, https://wisqars.cdc.gov:8443/costT/cost_Part1_Finished.jsp)
- For those hospitalized for falls in 2011, 62.2% of the falls occurred in the home and 18.2% at a residential institution
- In 2011, approximately 30% of hospitalization for falls were due to fracture and 12% due to traumatic brain injury

Fall Deaths are Only the Tip of the Iceberg

- Annual number of deaths from falls: 201
- Annual number of emergency department visits from falls: 2,037
- Annual number of emergency department visits from falls: 5,239

As the population ages, the impact and cost of fall-related deaths and injuries will increase dramatically unless funding is increased to address the issue.

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New Hampshire Responds

Falling is NOT an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and capacity-building to address falls prevention through community partnerships, we can substantially reduce the number of falls. New Hampshire is taking action to prevent falls through the following initiatives:

- Integrating falls screening in community health centers, community based organizations and primary care practices using the STEADI toolkit.
- Sponsor annual conferences on the latest fall research and practice
- Promoting two evidence based falls prevention programming, Tai Ji Quan: Moving for Better Balance and A Matter of Balance. Currently the Task Force is collaborating with the Foundation for Healthy Communities and the Dartmouth Centers for Health and Aging ACL grants in these efforts.
- Continued development of a website with falls risk reduction information for older adults, caregivers and professionals. This website now includes an interactive map to locate evidence based programs around the state and the STEADI self screen.
- Continued collaboration with partners to increase public awareness for falls prevention. In 2015 we produced a video with Tomie dePaola for Falls Awareness Day distribution that is now on our website.

Contact Information

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