



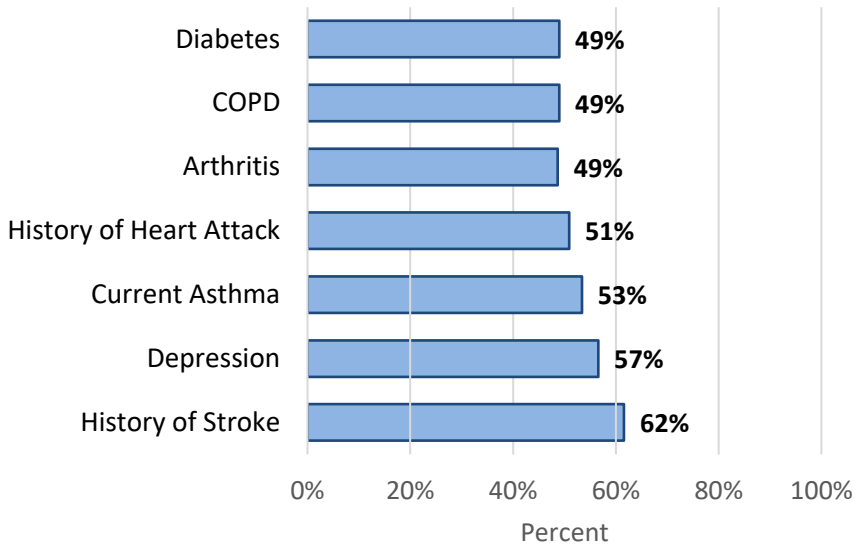
# FALLS PREVENTION

## Injury Prevention Program

### Chronic Conditions and Disability

For Montana adults with disabilities, certain chronic conditions significantly increase the risk of experiencing a fall. Any condition that contributes to weakness, dizziness, or pain when moving can lead to falls. Likewise, some medications used to treat chronic conditions can also increase fall risk.

*Percent of Montanans with Disabilities who Experienced a Fall, by Chronic Condition, 2016-2020*



Falls are not a normal part of life and aging. You can prevent falls by being physically active, making your home safer, getting regular health checkups, and attending an evidence-based falls prevention program. These programs are suitable for people with disabilities and/or chronic health condition.

<https://dphhs.mt.gov/publichealth/EMSTS/Prevention/FallPrevention/FallsPreventionClasses>

### Contact

Melissa Dale  
Falls Prevention Program Manager  
(406) 444-0959  
Melissa.Dale@mt.gov

### Risk Factors

The following conditions are associated with a significantly higher risk of falls among Montanans with disabilities:

#### DIABETES

- Loss of sensation in the feet and imbalance
- Low blood sugar

#### CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Lower leg weakness
- Poor postural control

#### ARTHRITIS

- Joint pain, stiffness
- Limited lower body mobility

#### CARDIOVASCULAR DISEASE (Heart Attack and Stroke)

- Dizziness and fainting from low blood pressure
- Low muscle strength
- Mobility problems secondary to stroke

#### ASTHMA

- Weakness after an asthma attack
- Fatigue

#### DEPRESSION

- Antidepressant medication may increase dizziness
- Change in walking patterns and posture



## Data Sources

1. Montana Behavioral Risk Factor Survey, 2016-2020
2. National Council on Aging, Chronic Conditions and Fall Risk

\*Data represents Montanans aged 45 and older with a disability