



FALLS PREVENTION

Injury Prevention Program

Risk Factors

While anyone is at risk of experiencing a fall, there are certain factors that put Montanans with disabilities at a greater risk of falling.

Risk factors include:

- Lack of physical exercise
- Tobacco use
- Obesity
- Having certain chronic health conditions

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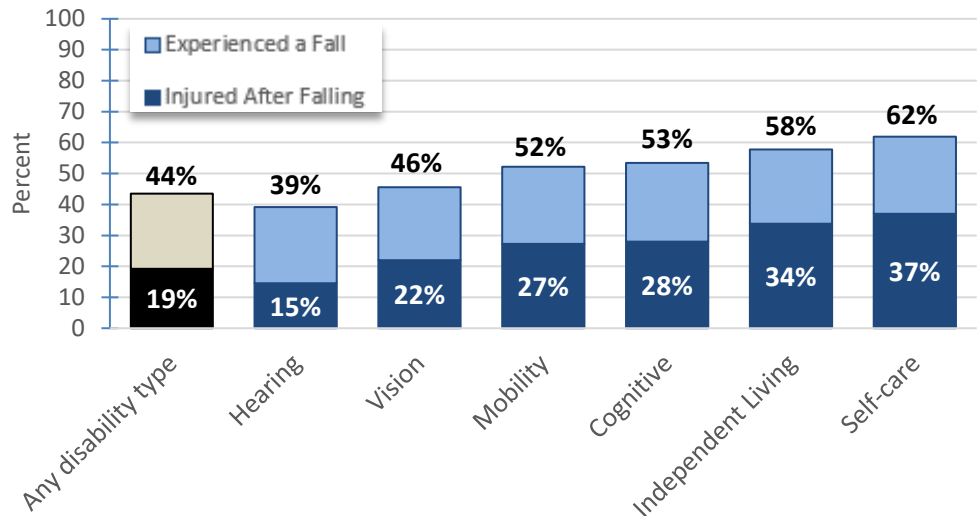
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Falls Among Montana Adults with Disabilities

Falls are the third most common cause of injury-related death in Montana, and some populations are more at risk of experiencing a fall than others.

Montanans with disabilities are nearly twice as likely to experience a fall than Montanans without disabilities and are also more likely to experience an injury related to a fall.^{1,2} Disability is defined as a physical or mental impairment that substantially limits one or more major life activities.³

Percent of Montanans with Disabilities Who Experienced a Fall and Were Injured After Experiencing a Fall in the Past Year, by Type of Disability, 2016-2020



- Around **16%** of Montana adults aged 18 and older report some type of disability.⁴
- **44%** of Montana adults with a disability experienced a fall in the past year; almost **one in five** Montana adults with a disability were injured due to a fall in the past year.²
- Montanans who reported a self-care disability such as having difficulty dressing or bathing were most likely to report experiencing a fall in the past year and being injured in a fall.²
- **More than half of American Indian/Alaska Native adults** with a disability (55%) experienced a fall in the past year compared to **43% of White Montanans.**²

You can prevent falls by getting exercise, making your home safer, getting regular health checkups, and attending an evidence-based falls prevention program. For more information or resources on falls prevention programs, please visit the website below:

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



Definitions

Disability is not based on a person's condition, but rather limitations of functioning caused by hearing loss, loss of sight, mobility challenges, cognitive challenges, and challenges to self-care or independent living.

For this report, Montanans were classified as having a disability if they responded 'yes' to one or more of the six American Community Survey (ACS) disability questions in the Behavioral Risk Factor Surveillance Survey. Respondents are classified as not having a disability if they responded 'no' to all six ACS disability questions. For more information on the ACS definitions of disability, please visit: [Understanding Disability Statistics | ADA National Network \(adata.org\)](https://adata.org)

Data Sources

1. CDC WONDER, 2016-2020
2. Montana Behavioral Risk Factor Survey, 2016-2020
3. The Americans with Disability Act National Network
4. American Community Survey 5-Year Estimate Subject Tables, Montana, 2016-2020

*Data represents Montanans aged 45 and older with a disability

