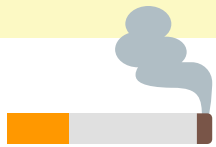


# Falls Prevention: Montanans with a Disability

Falls are the **3rd most common** cause of injury-related death in Montana, and some populations are more at risk of experiencing a fall than others.

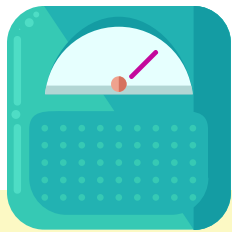
## ● Montanans with a disability are more likely to experience a fall than Montanans without a disability

Two out of five Montanans with a disability aged 45+ experience a fall each year.



## ● What are risk factors for falls?

Montanans with disabilities are more likely to experience a fall if they **use tobacco products, do not get regular physical exercise, experience depression, or have obesity**



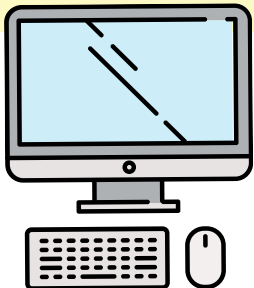
## ● What can you do to prevent falls?

- Exercising
- Making your home safer
- Getting regular health checkups
- Attending an **evidence-based falls prevention program**



## ● Learn more

Visit the **Montana Department of Public Health and Human Services Injury Prevention Program** webpage to learn more about what you can do to prevent falls and find the nearest falls prevention class to you:



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