



BURDEN FACTS

- Falls are the leading cause of both fatal and non-fatal injuries for adults aged 65+.¹
- Nearly 1 in 3 Montanans aged 65+ fall each year.²
- Falling one time doubles your chances of falling again.¹
- Over 95% of hip fractures are caused by falling.¹
- Men and women are just as likely to experience a fall; however, women are more likely to sustain an injury.^{1, 2}

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Program Website

[https://dphhs.mt.gov/publichealth/
/FallPrevention](https://dphhs.mt.gov/publichealth/FallPrevention)

Falls Among Older Adults in Montana

Falls Facts

- The risk of falling, as well as sustaining an injury due to a fall, increases with age.
- Almost half (48%) of the falls among older Montanans (aged 55+) are from a slip, trip, or stumble on ground level.²
- Falls are significantly more common among those reporting a disability compared to those who do not report having a disability (42% vs 25%, respectively) though all adults are at risk of falling.

Preventing Falls

- Falling is not a normal part of aging; falling can be prevented.
- Stay physically active with strength and balance exercises.
- Talk with a healthcare provider to evaluate the risk of falling.
- Keep your home safe by removing clutter, installing grab bars in the bathroom, and ensuring there is adequate lighting throughout the home.

Know Your Risk

- Complete a quick, free, and confidential falls risk assessment.
 - Falls Free CheckUp:
<https://www.ncoa.org/tools/falls-free-checkup>

RESOURCES

1. Montana Behavioral Risk Factor Survey, 2024
2. Montana Trauma Registry, 2024
3. Montana Hospital Discharge Dataset, 2019-2020