



# FALL PREVENTION

EMS & Trauma Systems Section

## What You Can Do to Prevent Falls

- Start or maintain an exercise program that builds your strength and balance.
- Talk with your healthcare provider if you have fallen or have a fear of falling.
- Review your medications with your doctor and/or pharmacist.
- Have your vision and hearing checked every year.
- Keep your home safe by removing tripping hazards, putting handrails on all stairs and steps, and installing grab bars next to your toilet and in the tub or shower.
- Ask your family for help checking for fall hazards in and around your home.

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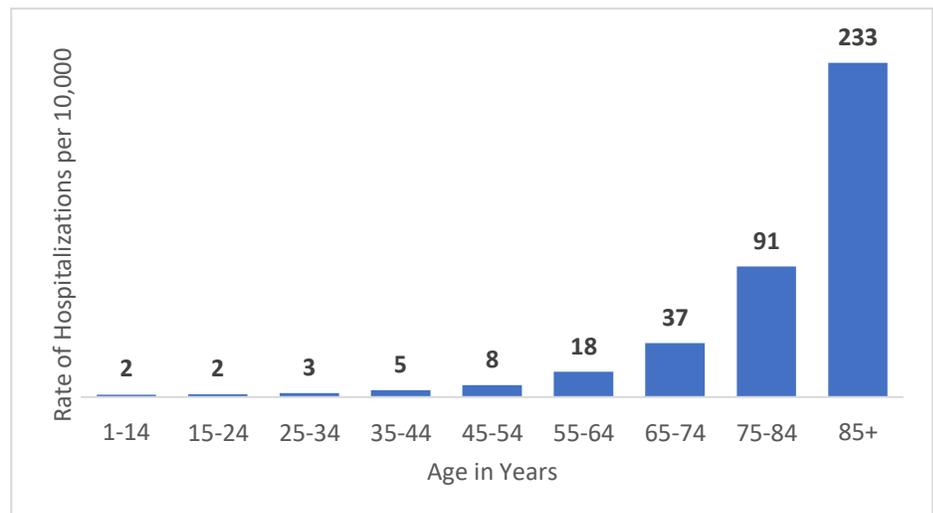
Program Website

<https://dphhs.mt.gov/publichealth/EMSTS/prevention/falls>

## Falls Among Older Adults

The risk of falling, as well as sustaining an injury due to a fall, increases with age. Nearly one in three Montanans age 65 or older report falling at least once in the last 12 months, and one out of five falls result in a serious injury.<sup>1,2</sup>

Rate (per 10,000) of Hospitalizations Due to Unintentional Falls by Age, 2019-2020<sup>3</sup>



- Almost half (48%) of the falls among older Montanans (aged 55+) are from a slip, trip, or stumble on ground level.<sup>2</sup>
- Women were more likely to be hospitalized following a fall, though men and women are just as likely to report experiencing a fall in the last year.
- Hip fractures and traumatic brain injuries account for over half of serious injuries sustained after a fall.<sup>2</sup>
- 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.

## Data Sources

1. Montana Behavioral Risk Factor Survey, 2018
2. Montana Trauma Registry, 2020
3. Montana Hospital Discharge Dataset, 2019-2020