



## BURDEN FACTS

- Falls are the **leading cause** of both fatal and nonfatal injuries for adults aged 65+.<sup>1</sup>
- **One out of four** older people falls each year.<sup>2</sup>
- **Falling once doubles** your chances of falling again.<sup>2</sup>
- **Over 95%** of hip fractures are caused from falling.<sup>2</sup>

## STEPPING ON

Stepping On is a 7-week falls prevention program for older adults (aged 60+) that addresses falls risk factors in the home and community and provides practical lifestyle adjustments to reduce the chances of falling.

### Workshop Covers

- Balance and strength exercises
- Identifying home hazards
- Safe footwear
- Link between vision and falling
- Medication review
- Community mobility and safety in public places
- Coping after a fall

## PROGRAM BENEFITS

- **Reduce** falls by a 33 percent.<sup>3</sup>
- **Decrease** the fear of falling.
- **Increase** performance of safe behaviors and maintain independence.
- **Fewer falls** mean fewer injuries, fewer visits to the emergency room, fewer hospitalizations, and fewer deaths due to a fall.

## CONTACT

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## RESOURCES

Visit the Montana Chronic Disease Bureau website for more information:

<https://dphhs.mt.gov/publichealth/FallsPrevention/>

1. Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. Web-based injury statistics query and reporting system (WISQRS). <http://www.cdc.gov/injury/wisqrs/index.html>
2. Centers for Disease Control and Prevention, (2017) Home and Recreational Injury. Older adult falls. <https://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html>
3. Wisconsin Institute of Healthy Aging (2019). Stepping On.