

# Iowa Fall Data and Trends

Binnie LeHew MSW

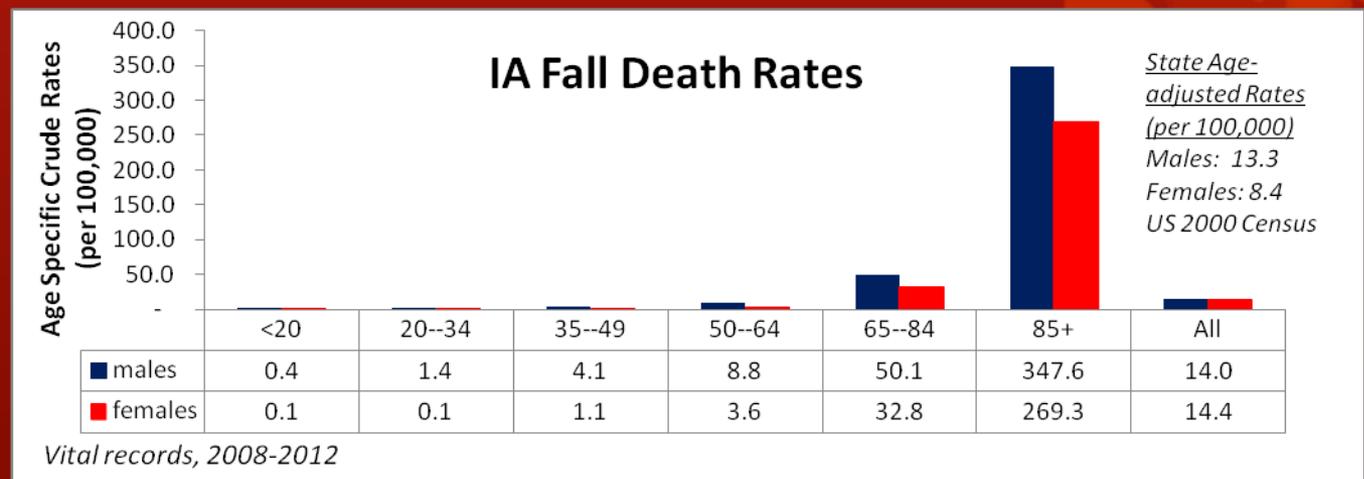
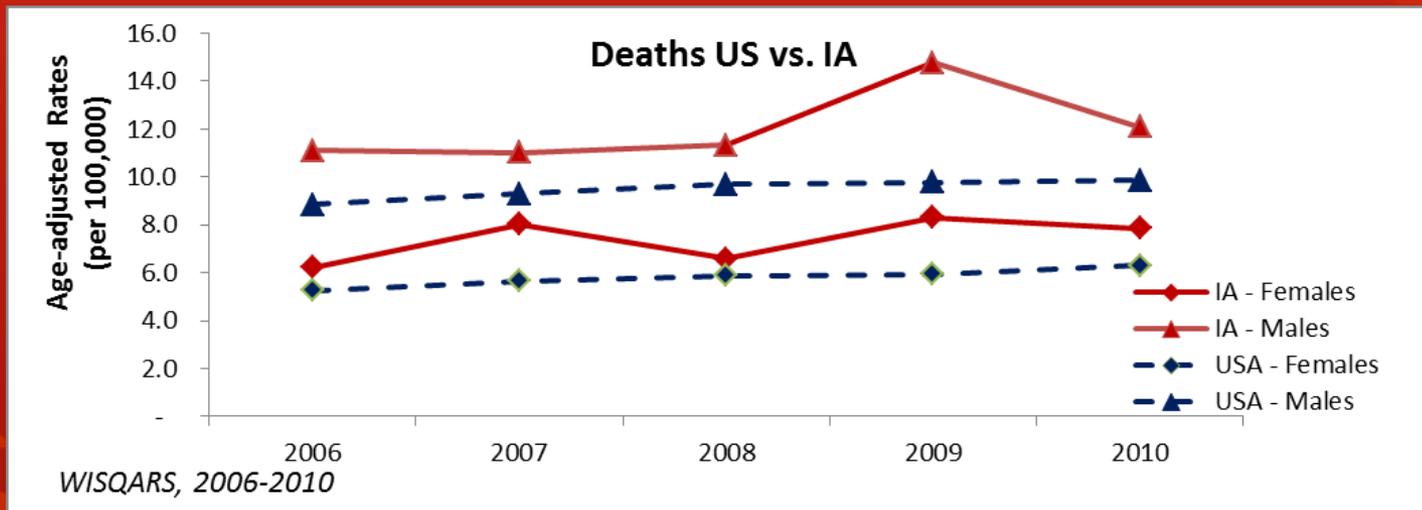
Iowa Department of Public Health

# Falls are now the **leading** cause of injury deaths in Iowa.

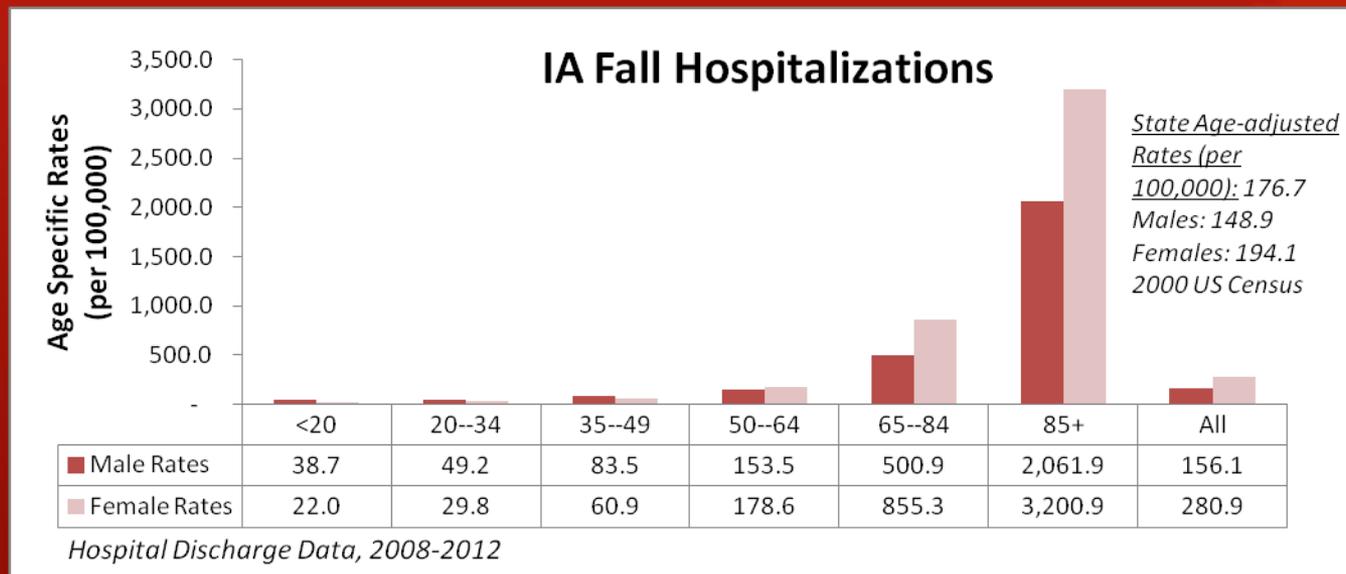
- Over the last decade, deaths from motor vehicle crashes have declined – which puts falls as the number one cause of injury deaths.
- Death rates are higher in those over 65 than in the younger populations



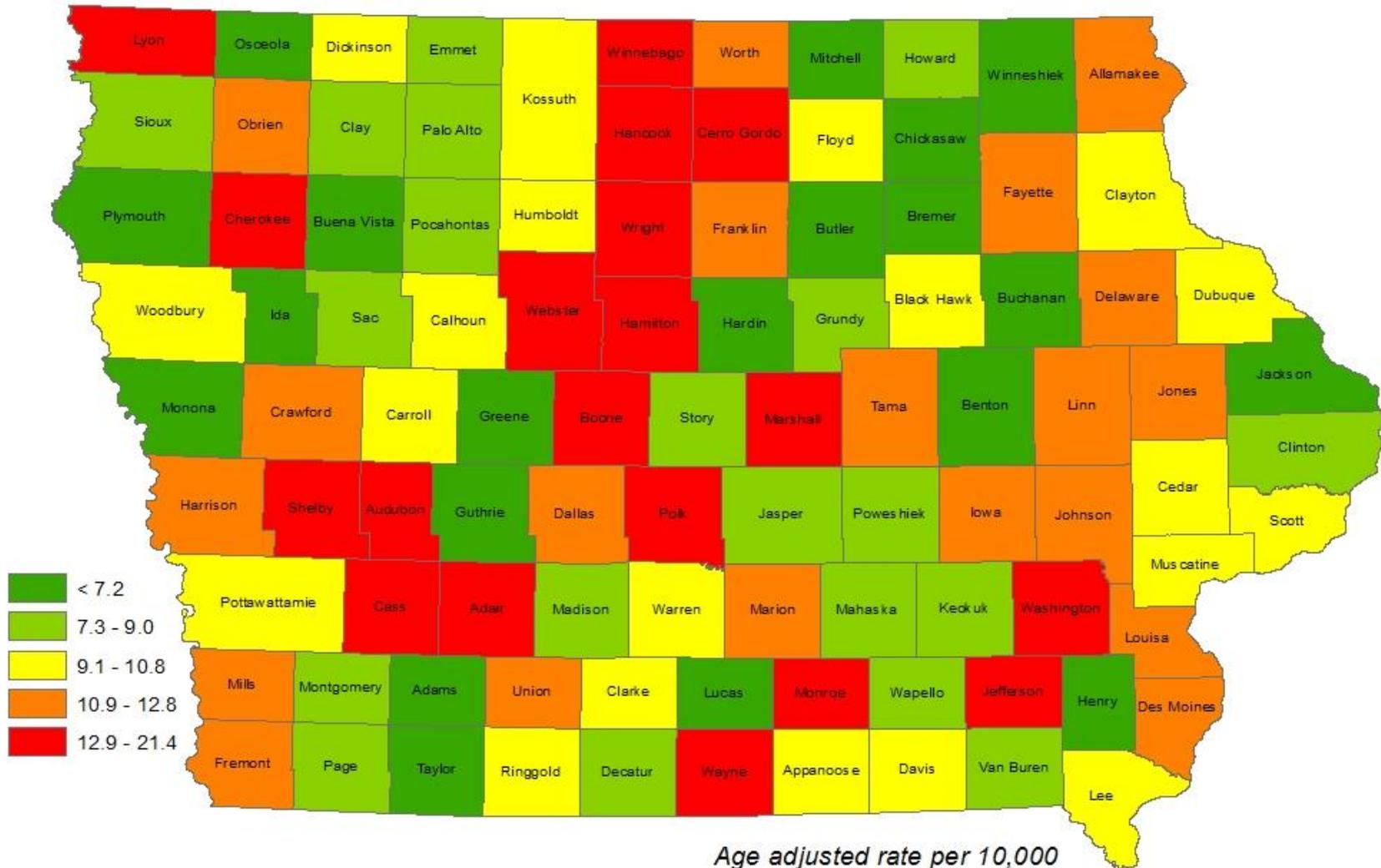
# Iowa's death rates from falls exceed the national average



Fall-related hospitalizations are highest in those over 65 and they are **costly**.

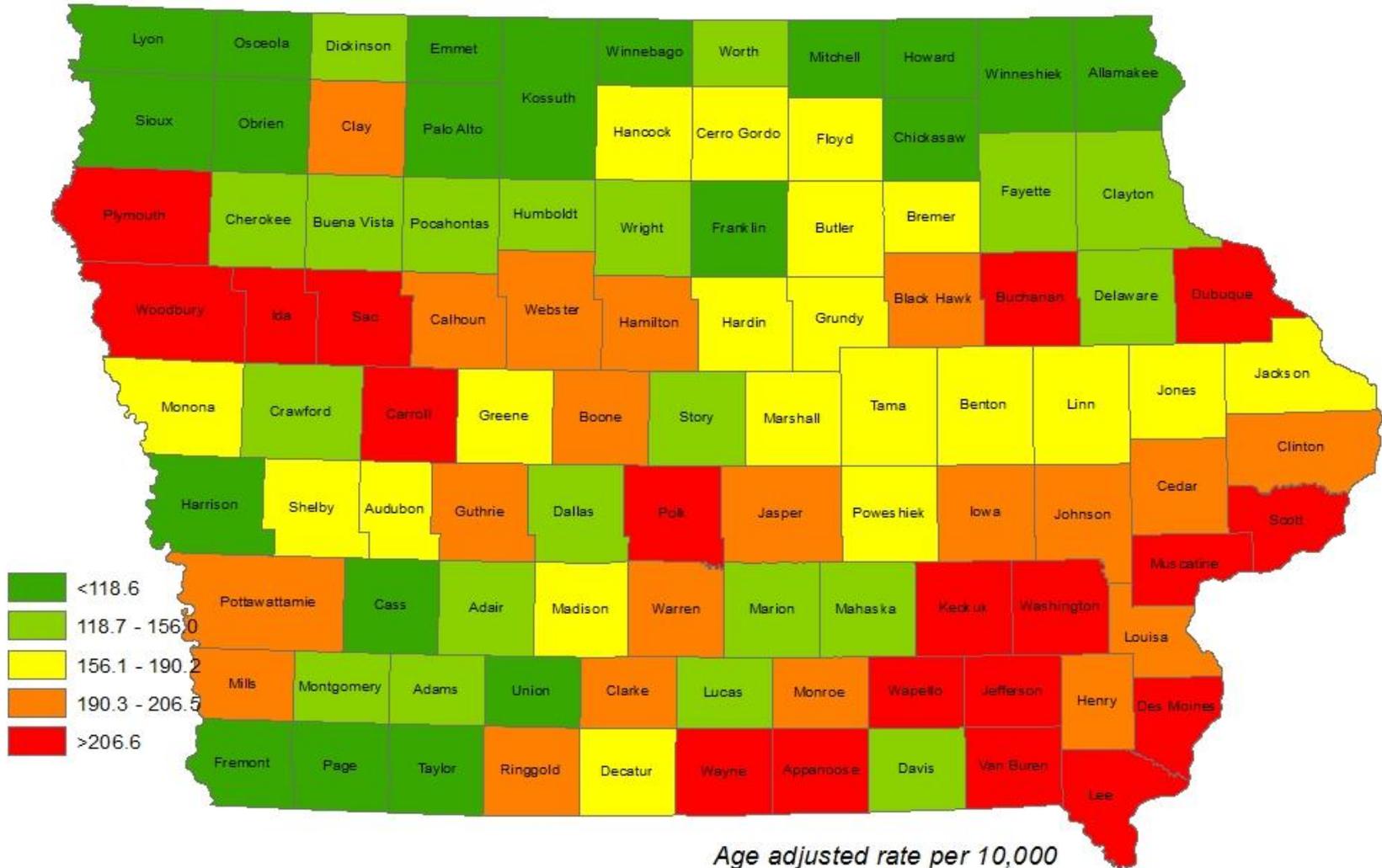


## Fall Related Deaths (2007-2012)



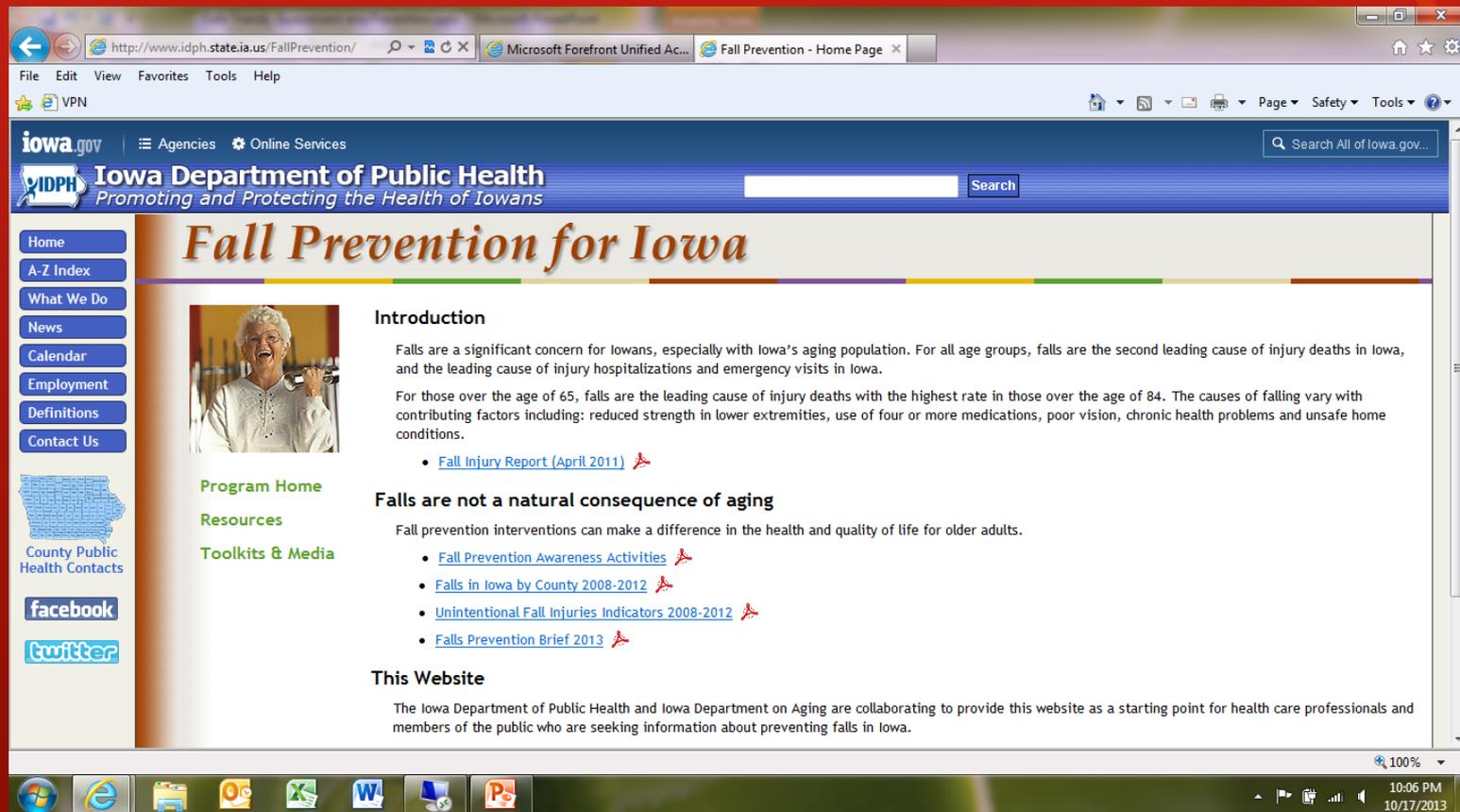
*Age adjusted rate per 10,000  
2000 US Census  
Quintile Distribution*

## Fall Related Hospitalizations (2007-2012)



*Age adjusted rate per 10,000  
2000 US Census  
Quintile Distribution*

For additional Iowa data on falls:  
<http://www.idph.state.ia.us/FallPrevention/>



The screenshot shows a web browser window displaying the Iowa Department of Public Health website. The browser's address bar shows the URL <http://www.idph.state.ia.us/FallPrevention/>. The website header includes the Iowa Department of Public Health logo and the tagline "Promoting and Protecting the Health of Iowans". A search bar is located in the top right corner.

The main content area is titled "Fall Prevention for Iowa" and features a navigation menu on the left with links to Home, A-Z Index, What We Do, News, Calendar, Employment, Definitions, and Contact Us. Below the navigation menu are social media links for Facebook and Twitter, and a link to County Public Health Contacts.

The main content area is divided into several sections:

- Introduction**: A photograph of an elderly woman is shown on the left. The text states: "Falls are a significant concern for Iowans, especially with Iowa's aging population. For all age groups, falls are the second leading cause of injury deaths in Iowa, and the leading cause of injury hospitalizations and emergency visits in Iowa. For those over the age of 65, falls are the leading cause of injury deaths with the highest rate in those over the age of 84. The causes of falling vary with contributing factors including: reduced strength in lower extremities, use of four or more medications, poor vision, chronic health problems and unsafe home conditions." A link to the "Fall Injury Report (April 2011)" is provided.
- Falls are not a natural consequence of aging**: The text states: "Fall prevention interventions can make a difference in the health and quality of life for older adults." Four links are provided: "Fall Prevention Awareness Activities", "Falls in Iowa by County 2008-2012", "Unintentional Fall Injuries Indicators 2008-2012", and "Falls Prevention Brief 2013".
- This Website**: The text states: "The Iowa Department of Public Health and Iowa Department on Aging are collaborating to provide this website as a starting point for health care professionals and members of the public who are seeking information about preventing falls in Iowa."

The browser's taskbar at the bottom shows the system tray with the date and time: 10:06 PM, 10/17/2013.