

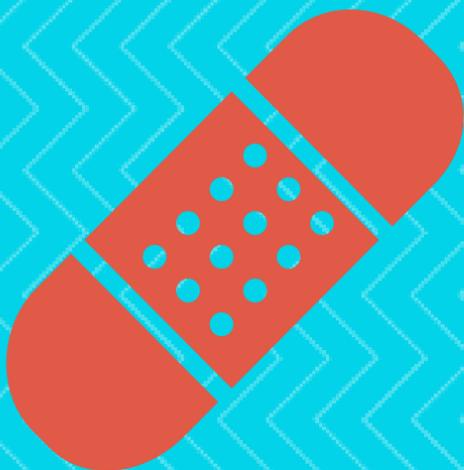
FALLS ON THE RISE



For Americans age 65 and older, **falls** are the most common cause of brain injuries and rates are rising.

84%

of injury-related hospitalizations for older Iowans result from falls.



In addition to brain trauma, falling often results in lacerations and hip fractures.

Falls cost Iowa \$298 million per year in hospitalizations, with the average hospitalization for an older Iowan costing \$26,400.



FALLS CAN BE PREVENTED

Find out how at

idph.state.ia.us/ACBI/PreventionTaskForce

Brought to you by the Iowa Advisory Council on Brain Injuries.

FALLS CAN BE PREVENTED

OLDER ADULTS

- Exercise regularly to increase leg strength and improve balance.
- Consume a healthy diet with adequate calcium, protein, and vitamin D.
- Be properly evaluated for adaptive equipment, such as canes and walkers.
- Review medicines with a doctor to identify side effects such as dizziness.
- Have your vision checked at least annually.

COMMUNITIES

- Support safe, walkable streets.
- Educate older adults in risk reduction.
- Designate first day of fall each year "Fall Prevention Day."

PROVIDERS

- Identify patients' fall risks.
- Tailor personal interventions.
- Provide effective referrals with the use of a screening tool.