

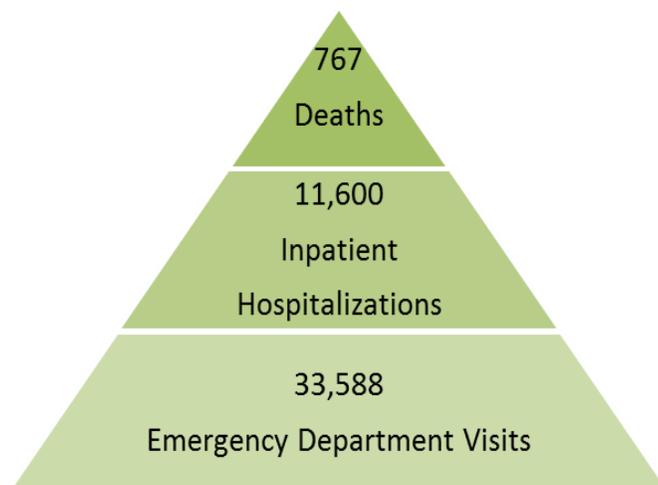
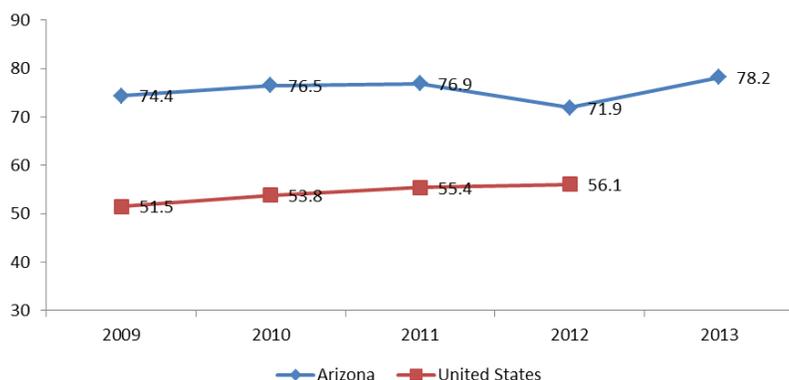
Healthy Aging Communication Network

Living Stronger & Longer

Falls among Arizonans 65 years and older, 2013

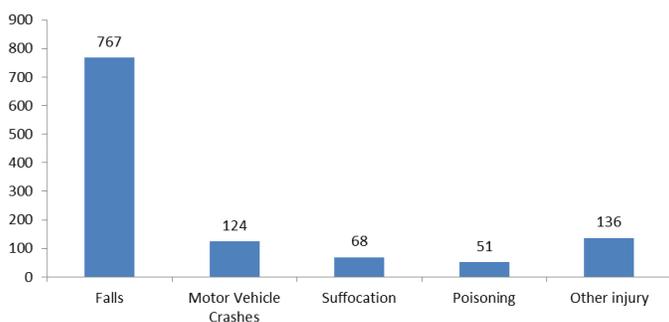
Unintentional Falls were the leading cause of injury-related mortality among Arizona residents 65 years and older.

Mortality Rates Due to Unintentional Falls, 65+ years per 100,000 population, Arizona compared to the United States, 2009-2013



More than 5,500 Arizonans were hospitalized for a hip fracture (48 percent of fall-related hospitalizations for this age group).

Leading Causes of Unintentional Injury-Related Deaths Among Arizona Residents 65 years and Older



Among 2013 hospitalizations and emergency department visits:

- ⇒ The average length of stay in the hospital was 4 days
- ⇒ The median charges for inpatient visits were \$47,280, and totaled over \$624.8 million (\$9.2 million were charged to AHCCCS)
- ⇒ ED visits resulted in charges totaling over \$204.1 million (\$1.9 million were charged to AHCCCS)
- ⇒ These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

What can be done to reduce the risk of unintentional falls?

- * Maintain a regular exercise program to increase strength, balance, and coordination. Tai Chi classes are an evidence-based method.
- * Regularly review medications with a healthcare provider, and safely dispose of prescriptions that are no longer needed.
- * Have yearly eye exams.
- * Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.

Visit the Arizona Healthy Aging website at: <http://www.azdhs.gov/phs/healthy-aging/>