



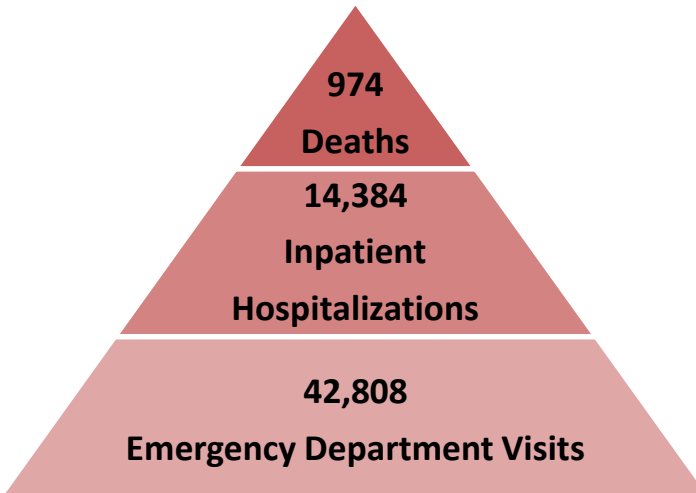
Unintentional Falls among Arizonans 65 years and older, 2016

-Were the leading cause of injury-related deaths among Arizona residents 65+ Years

-Resulted on average a length of stay of 6 days in the hospital.

- Totaled charges over \$933.6 million for Inpatient Hospitalization and over \$344.7 million for ED Visits.

-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?

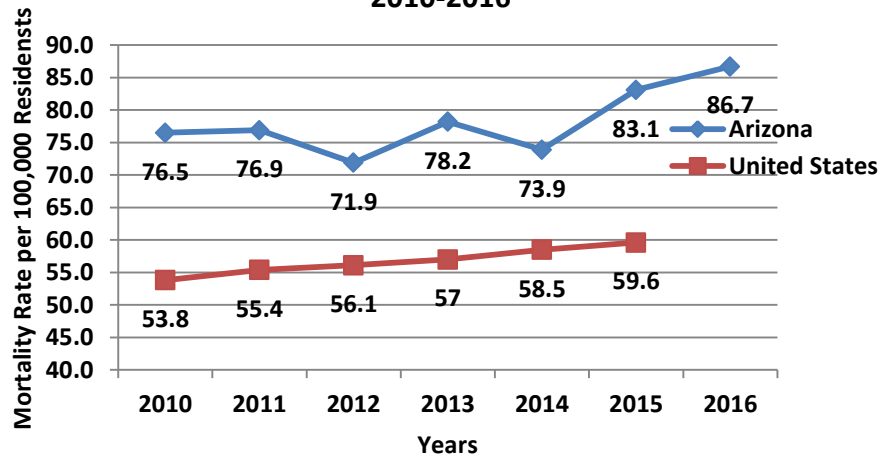
-Maintain a regular exercise program to increase strength, balance, and coordination
Tai Chi classes are an evidence-based method.

- Regularly review meds with a healthcare provider, and dispose unused meds

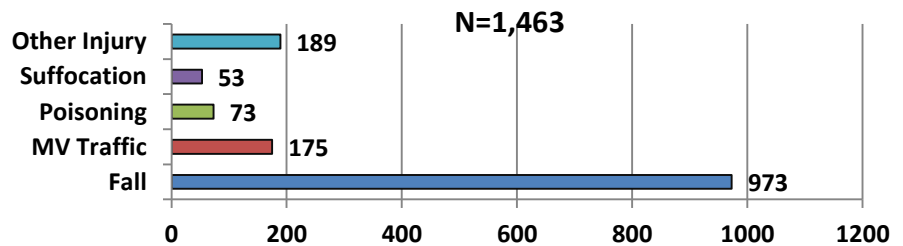
- Have yearly eye exams.

- Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.

Mortality Rates Due to Unintentional Falls in those 65+ Years, Arizona Compared to the United States, 2010-2016



Leading Causes of Unintentional Injury-Related Deaths Among Arizona Residents 65 years and older, 2016



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