

## FACT SHEET

# Falls Are a Major Threat for Your Patients

1 in 4 people  
65 and older falls  
each year.

- ▶ Every 20 minutes, an older adult dies from a fall.
- ▶ 1 out of 5 falls causes a serious injury, such as a head trauma, or a fracture.
- ▶ Less than half of the Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it.
- ▶ More than 3 million older adults are treated in emergency departments for nonfatal fall injuries each year.
- ▶ Medicare costs for fall injuries total over \$31 billion annually. Hospital costs account for two-thirds of the total.

*The good news*— as a healthcare provider, your efforts can prevent many of these injuries!

## Providers can start preventing falls with these 3 steps:

### STEP 1: Screen



You can screen for fall risks by asking these three questions:

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

### STEP 2: Review



Review and manage medications linked to falls.

### STEP 3: Recommend



Recommend vitamin D for improved bone, muscle, and nerve health.

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit [www.cdc.gov/steady](http://www.cdc.gov/steady).



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**STEADI** Stopping Elderly Accidents,  
Deaths & Injuries