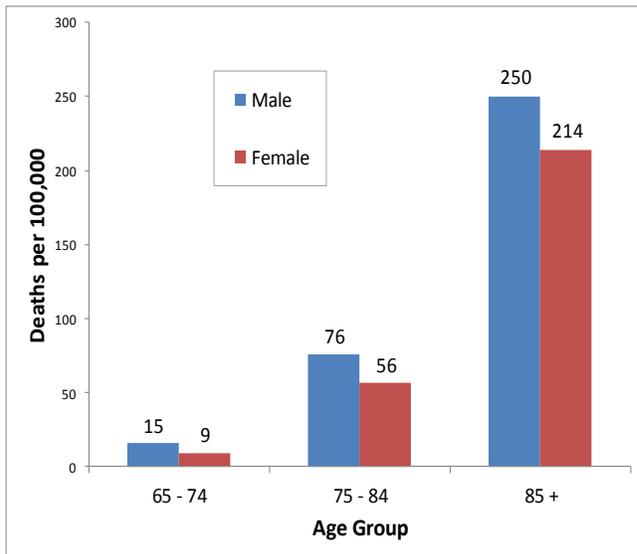


Older Adult Fall Injuries in Nebraska 2007-2011



We want a Nebraska where older adults can live safe, healthy and independent lives. The risk of a fall injury is a threat to the health and independence of older adults and could limit their ability to remain independent. Falls were the leading cause of injury deaths and hospitalizations for adults age 65 and over from 2007-2011. An average of 158 Nebraskans age 65 and older died; over 5,200 were hospitalized; and over 10,300 visited an emergency department (ED) due to fall-related injuries each year.

Figure 1: Fall injury death rates per 100,000 Nebraska residents aged 65 and older, 2007-2011 (N=790)



- Fall injury death rates, ED visit rates and hospitalization rates increased with age. Older adults aged 85 and over had the highest death and hospitalization rates.
- If they were 75 years or older, males were more likely to die from a fall-related injury and more likely to be hospitalized compared to females.
- Most of the injuries were fractures, specifically, hip fractures.
- Falls from slipping, tripping, or stumbling were the most common cause of injury.

Fall Prevention Recommendations

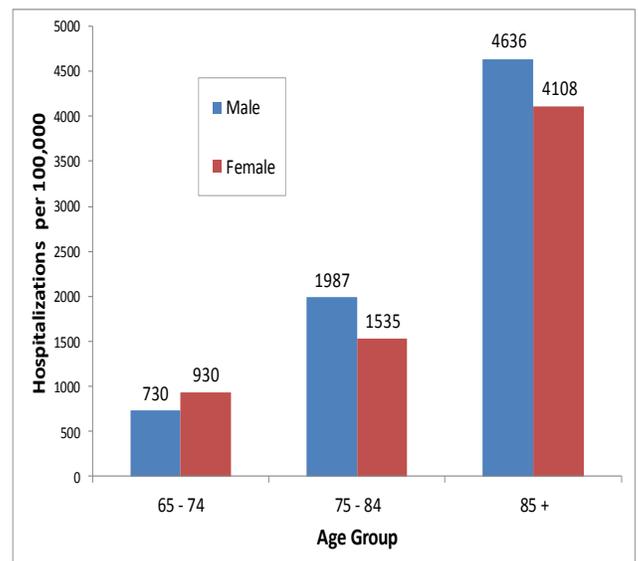
- Exercise regularly, focusing on leg strength and improving balance.
- Identify your medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Reduce impaired vision by having your eyes checked by an eye doctor at least once a year.
- Reduce tripping hazards by adding grab bars inside and outside your home, and by improving the lighting.

Lower the Risk of Hip Fractures by:

- Adequate intake of calcium and vitamin D.
- Screening and, if needed, treatment for osteoporosis.

Source: Centers for Disease Control and Prevention

Figure 2: Fall injury hospitalization rates per 100,000 Nebraska residents age 65 and older 2007-2011 (N=26,170)



Injury Prevention Program

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