

# 2009 Nebraska Fall Injury Fact Sheet



## Older Adult Fall Injuries

Falls were the leading cause of injury deaths and hospitalizations for adults age 65 and over from 2001-2006. An average of 130 Nebraskans age 65 and older died; over 8,200 visited an emergency department (ED); and 3,200 were hospitalized due to a fall-related injury each year.

Fall injury death rates, ED visit rates and hospitalization rates increased with age. Older adults aged 85 and over had the highest rates.

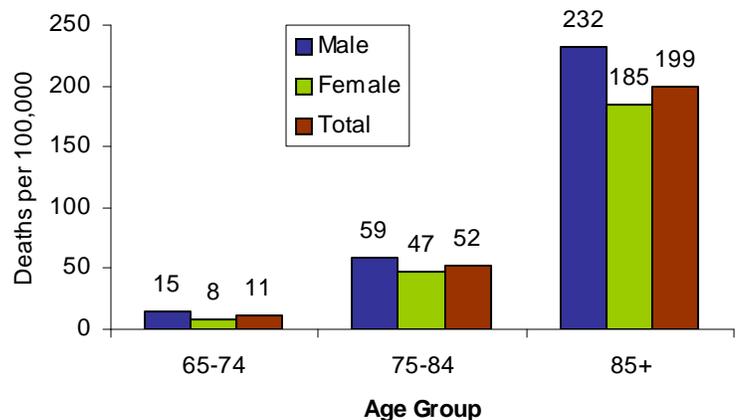
Males were more likely to die from a fall-related injury. However, females were more likely to visit a hospital than males after a fall.

Most of the injuries sustained were fractures, specifically, hip fractures.

More than half of the fall-related injuries occurred at home.

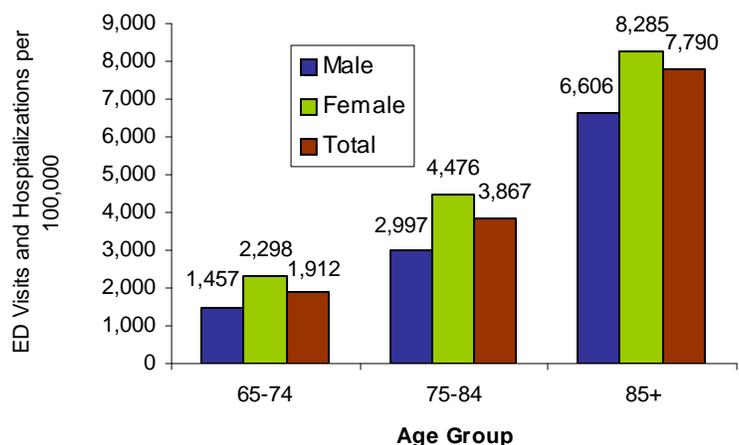
Falls on the same level from slipping, tripping, or stumbling were most likely to cause injury.

**Figure 1: Fall injury death rates per 100,000 Nebraska residents aged 65 and older, 2001-2006 (N=773)**



Source: Nebraska Death Certificate Data, 2001-2006

**Figure 2: Fall injury ED visit rates and hospitalization rates per 100,000 Nebraska residents age 65 and older 2001-2006 (N=68,809)**



Source: Nebraska Hospital Discharge Data, 2001-2006

### Recommendations

Falls are not an inevitable consequence of aging. Prevention interventions can reduce the incidence of falls.

The Centers for Disease Control and Prevention have identified effective strategies to help public health practitioners address the problem of falls. These strategies include: exercise-based, home-modification, and multifaceted interventions.



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