

# Falls Prevention

## PREPARING FOR A FALLS-FREE FUTURE

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*“Each year, one out of three adults 65 and older fall.”*

## Fall Facts

- One out of five falls causes a serious injury such as broken bones or a head injury.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls result in more than 2.5 million injuries treated in emergency departments annually, including over 734,000 hospitalizations and more than 21,700 deaths.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

