

WHY FALLS MATTER IN IDAHO



Falls Prevention Coalition of Idaho

Who Falls

1 in 3 Older Idahoans Report Falling At Least Once/Year



Where Falls Happen

Idaho Counties with an Increase in Falls Reported

Bannock
Bingham
Bonneville
Elmore

Jerome
Kootenai
Shoshone
Twin Falls

67% At Home

9% in Institutions

4.5% Public Spaces

What Falls Cost

Average Idaho medical \$38,373 per fall
National Average \$754 billion for fatal and

\$80 billion
for
non-fatal
falls

Medicare
Private/
Out of Pocket
Medicaid

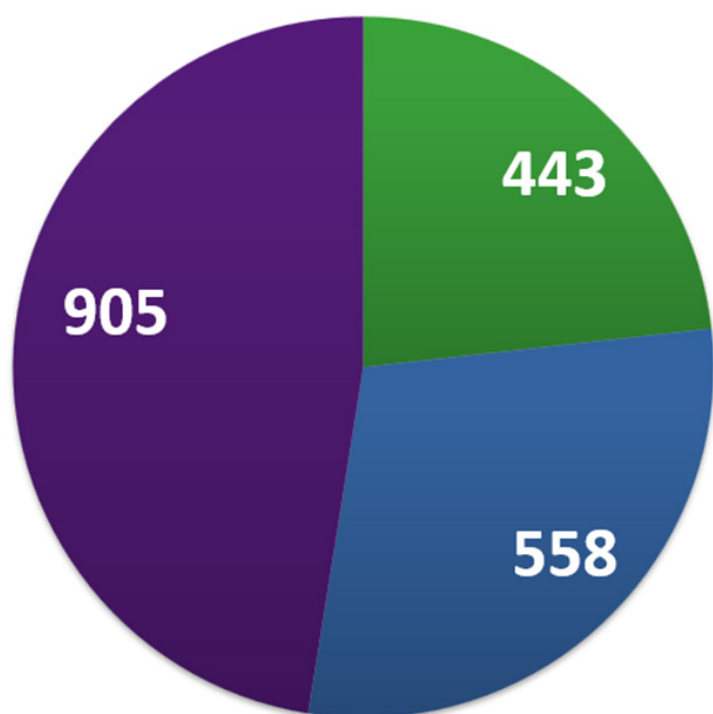
\$53.3 Billion

\$23.2 Billion

\$3.5 Billion

PREVENTION IS KEY!

Idaho Hospitalization Outcomes



Falls are **#1 Cause** of Traumatic Brain Injury

Idaho 2020:
EMS Falls Assistance Request
Age 65+ Approx. 6,000

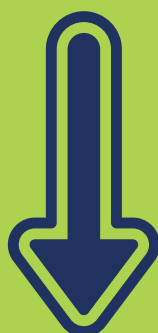
Falls are **2.5x more likely** to cause injury than car crashes

Impaired Vision **2x Fall Risk**

COMMON OUTCOMES



fear of falling
isolation and loneliness
in depression
early institutionalization
premature death



hydration and nutritional intake
joint/bone stability
mobility/physical activity
in performing self-care
physical health
socialization & independence

Falls Prevention Coalition of Idaho

FPC-ID reduces falls and fall-related injuries, maximizing health, safety, and well-being through evidence-based prevention strategies and statewide collaborative efforts.

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