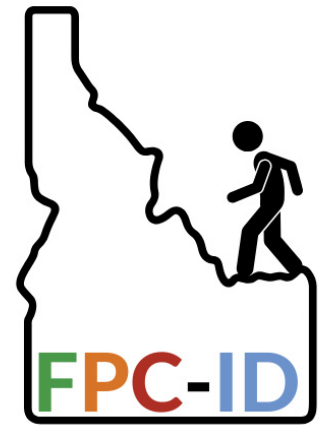


WHY FALLS MATTER IN IDAHO



Falls Prevention Coalition of Idaho

Who Falls

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

- Men 49+ 2x more likely than women
- Men ages 30-69 95% more likely to die

Women 80+ 1.4x more likely than men & 22.5% Women age 80+ report falls

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

Nationally \$754 billion for fatal & \$50 billion for non-fatal falls

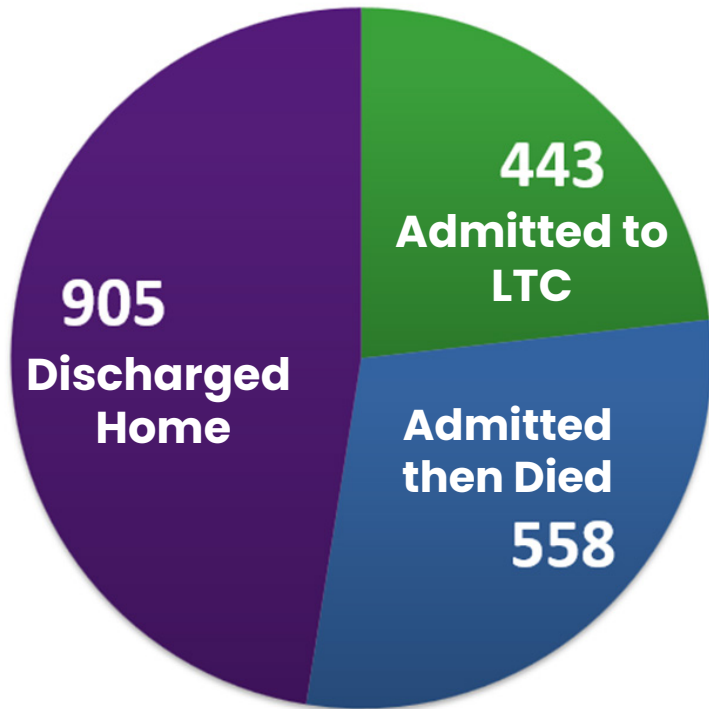
Medicare **\$29 Billion**

Private/ **\$12 Billion**

Out of Pocket
Medicaid **\$9 Billion**

Why Falls Matter in Idaho

Idaho Hospitalizations
1,924



PREVENTION IS KEY!

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

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

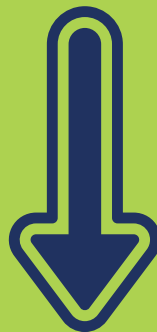
Falls are **2.5x more likely** to cause injury than car crashes

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.

Contact:

Erin.Olsen@aging.idaho.gov
www.aging.idaho.gov/falls/



Commission on Aging