

# ***National Public Health Week . . .***

***April 4 – 10, 2011***

**Safety is NO Accident: Live Injury Free**

**Falls are not a normal part of aging . . .**



**To prevent falls,  
work with older  
adults to:**

- Keep rooms well lit
- Remove area rugs
- Clear floors of clutter
- Keep paths through the home clear by moving furniture and other items that block the way
- Wear proper footwear
- Have balance, cognition, and eyes assessed regularly
- Check that prescription meds don't increase risk of falling

**In Wisconsin:**

For people age 65+, fall-related injury:

- Is the leading cause of injury deaths
- Accounts for 70% of hospitalizations
- Cost \$496 million dollars annually in hospital and ED visits
- Source of payment for 93% of those costs were paid for by government insurance programs such as Medicare and Medicaid
- Most often occurs in the home when the fall results in death
- Is noted to have occurred within 30 days prior to admission in about 40% of nursing home admissions.

Source: The Burden of Falls in Wisconsin, Wisconsin Department of Health Services, August 2010, [www.dhs.wisconsin.gov/injuryprevention/fallprevention](http://www.dhs.wisconsin.gov/injuryprevention/fallprevention)

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**WI believes Healthy Homes = Injury-Free Homes**

For more information:

Stepping On [www.gwaar.org](http://www.gwaar.org)

Fall Prevention Center of Excellence [www.stopfalls.org](http://www.stopfalls.org)

Falls Free Coalition [www.healthyagingprograms.com](http://www.healthyagingprograms.com)