



*Improving the lives of older Americans*

# National Efforts in Fall Prevention

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Bonita Lynn Beattie, PT, MPT, MHA  
Vice President, Injury Prevention  
National Council on Aging  
[bonita.beattie@ncoa.org](mailto:bonita.beattie@ncoa.org)

March 18, 2009

# National Estimates of the 10 Leading Causes of Nonfatal Injuries Treated in Hospital Emergency Departments, United States, 2006

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Fall 124,747	Unintentional Fall 860,281	Unintentional Fall 635,912	Unintentional Struck by/ Against 608,658	Unintentional Struck by/ Against 1,071,586	Unintentional Fall 748,064	Unintentional Fall 784,154	Unintentional Fall 817,043	Unintentional Fall 633,428	Unintentional Fall 1,840,117	Unintentional Fall 7,934,840
2	Unintentional Struck by/ Against 30,872	Unintentional Struck by/ Against 390,563	Unintentional Struck by/ Against 420,693	Unintentional Fall 602,415	Unintentional Fall 888,138	Unintentional Overexertion 726,511	Unintentional Overexertion 656,632	Unintentional Overexertion 468,164	Unintentional Struck by/ Against 223,447	Unintentional Struck by/ Against 225,785	Unintentional Struck by/ Against 4,663,517
3	Unintentional Other Bite/ Sting 12,456	Unintentional Other Bite/ Sting 153,552	Unintentional Cut/Pierce 116,918	Unintentional Overexertion 279,148	Unintentional MV-Occupant 833,189	Unintentional Struck by/ Against 639,006	Unintentional Struck by/ Against 570,882	Unintentional Struck by/ Against 427,588	Unintentional Overexertion 214,793	Unintentional Overexertion 178,808	Unintentional Overexertion 3,474,597
4	Unintentional Foreign Body 10,903	Unintentional Foreign Body 125,543	Unintentional Other Bite/ Sting 99,452	Unintentional Cut/Pierce 144,366	Unintentional Overexertion 782,425	Unintentional MV-Occupant 551,875	Unintentional MV-Occupant 436,807	Unintentional MV-Occupant 338,731	Unintentional MV-Occupant 196,080	Unintentional MV-Occupant 175,219	Unintentional MV-Occupant 2,723,465
5	Unintentional Fire/Burn 10,378	Unintentional Overexertion 81,923	Unintentional	Unintentional	Unintentional	Unintentional	Unintentional	Unintentional	Unintentional	Unintentional	Unintentional
6	Unintentional Other Specified 7,965	Unintentional Cut/Pierce 79,713	Overexertion 78,518	Unknown/Unspecified 108,550	Struck by/ Against 468,309	Struck by/ Against 301,318	Struck by/ Against 218,638	Other Specified 155,317	Other Bite/ Sting 66,296	Other Bite/ Sting 69,703	Struck by/ Against 1,310,697
7	Unintentional Overexertion 7,531	Unintentional Other Specified 55,535	Unintentional MV-Occupant 60,008	Other Assault* Struck by/ Against 93,912	Unintentional Other Specified 198,544	Unintentional Other Specified 166,785	Unintentional Other Specified 184,888	Unintentional Poisoning 137,855	Unintentional Other Specified 61,633	Unintentional Poisoning 65,292	Unintentional Other Bite/ Sting 1,095,521
8	Unintentional MV-Occupant 6,885	Unintentional Fire/Burn 53,359	Unintentional Foreign Body 57,440	Unintentional MV-Occupant 85,151	Unintentional Other Bite/ Sting 190,130	Unintentional Other Bite/ Sting 162,741	Unintentional Other Bite/ Sting 154,357	Other Assault* Struck by/ Against 134,647	Unintentional Poisoning 60,990	Unintentional Other Transport 58,823	Unintentional Other Specified 922,208
9	Unintentional Poisoning 6,877	Unintentional Poisoning 43,206	Unintentional Other Transport 45,981	Unintentional Other Bite/ Sting 66,784	Unintentional Unknown/ Unspecified 155,712	Unintentional Poisoning 104,095	Unintentional Poisoning 146,210	Unintentional Other Bite/Sting 119,980	Unintentional Other Transport 39,316	Unintentional Unknown/ Unspecified 47,405	Unintentional Poisoning 703,702
10	Unintentional Cut/Pierce 6,479	Unintentional Unknown/ Unspecified 41,573	Unintentional Other Bite 44,239	Unintentional Other Transport 58,433	Unintentional Other Transport 144,488	Unintentional Other Transport 102,180	Unintentional Other Transport 84,513	Unintentional Other Transport 69,723	Other Assault* Struck by/ Against 38,198	Unintentional Other Specified 42,923	Unintentional Unknown/ Unspecified 652,130

SO WHY THE FOCUS ON OLDER ADULTS??

\* The "Other Assault" category includes all assaults that are not classified as sexual assault. It represents the majority of assaults.

Source: National Electronic Injury Surveillance System—All Injury Program operated by the U. S. Consumer Product Safety Commission.

Produced by: Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC.


# Why Falls, Why Now?

✓ 35%-40% of people 65+ fall **each** year

✓ Almost 16,000 seniors died from falls.

✓ 1.85+ million treated in Emergency Rooms

✓ 473,000 hospitalized

✓ Admission rates  with age (39% of fall related admissions are 85+)

✓ Those who fall are 2-3 times more likely to fall again

✓ 10%-20% of falls cause serious injuries

✓ 20% - 30% fear falling

✓ 20% die within a year after hip fracture

✓ 25% of hip fractures are still in a nursing home one year later

✓ In 1994, total cost of fall injuries:

\$27.3 billion


\$43.8 billion

✓ Medicare/hip Fxs

\$4.7 billion (1991)

\$32.4 billion (2020)

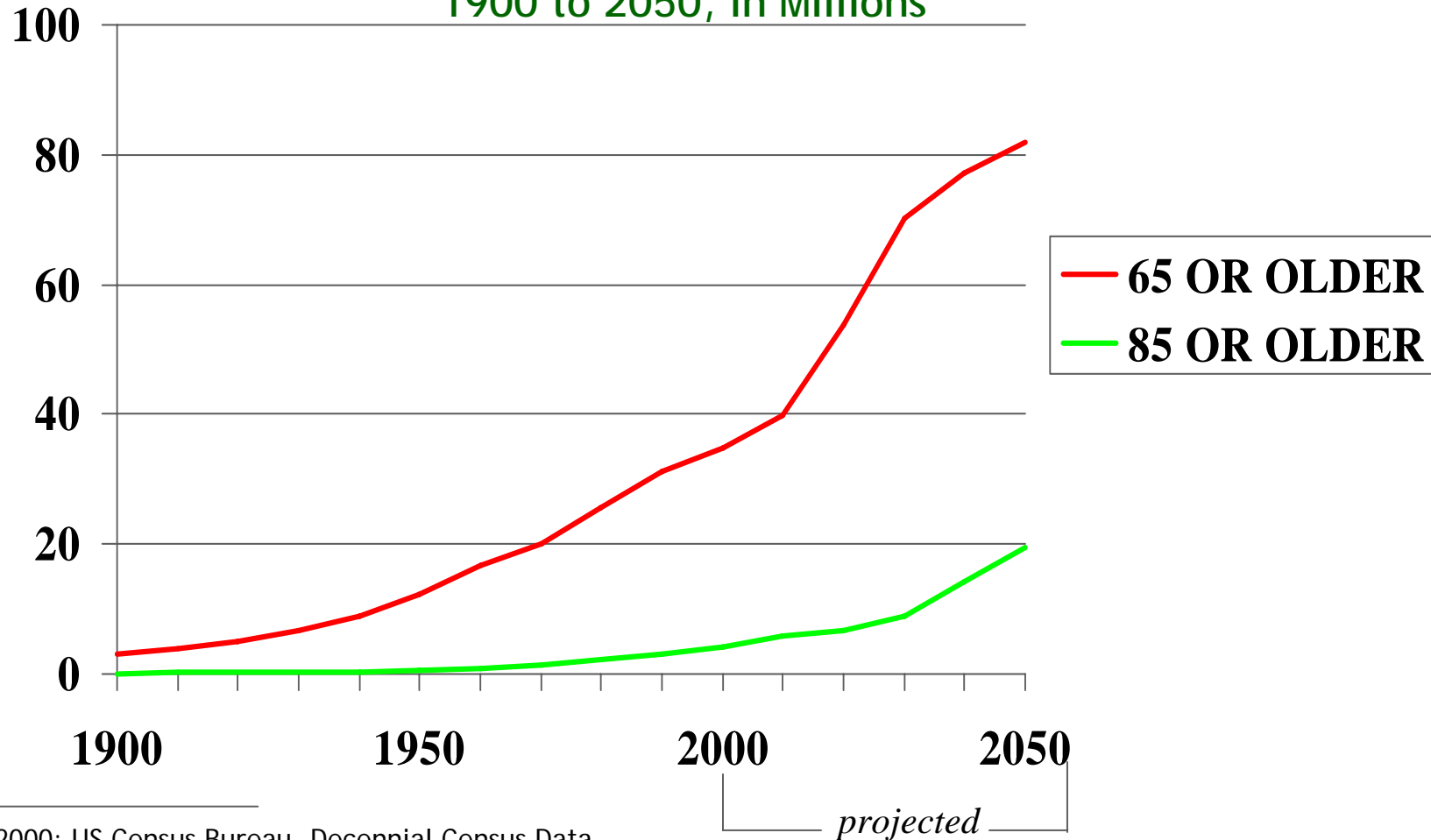
\$240 billion (2040)

✓ The costs of fall injuries tend to  with age



# Putting the Future in Perspective

Total Number of Persons Age 65 or Older by Age Group,  
1900 to 2050, in Millions



2000: US Census Bureau, Decennial Census Data,  
Population Projections

# Why Falls, Why Now? - there is good news!!!



- Research supports these intervention strategies that work:
  - Comprehensive clinical assessment<sup>1</sup>
  - Exercise for balance & strength<sup>2</sup>
  - Medication management<sup>3</sup>
  - Vision correction<sup>4</sup>
  - Reducing home hazards<sup>5</sup>

1. American Geriatrics Society, *JAGS*, 2001
2. Lord SR, *JAGS*, 2003
3. Cumming RG, *Drugs & Aging*, 1998
4. Ray W, *Topics in Geriatric R Rehab*, 1990
5. Day L, *BMJ* 2002; Gill TM, *JAGS*, 1999



# NCOA Coordinating Growing Momentum in Fall Prevention

## 2004

- National Environmental Scan
- Literature Review
- National Summit



## 2005

- Released National Action Plan
- Organized Falls Free Coalition & Created Falls Free E-News
- Convened Advocacy Work Group
- Increasing Conf Presentations, online training and practice improvement modules within Prof Orgs: APTA, AOTA, ABIM
- AGS/BGS invites select Summit attendees to assist in the Revision of Clinical Guidelines
- V15.88 History of Fall CMS approved

## 2006

- S. Bill 1531 → 845  
H. Bill 5608
- **State Coalitions join Falls Free Coalition new State Coalitions begin to form**
- CDC/NCIPC identifies Fall Prevention as priority
- CDC MMWR calling new attention to growing issue
- Maine successfully introduces legislation
- AoA funds state dissemination of Fall Prevention programs
- NCOA invited to multiple national Advisory Committees on Fall Prevention

## 2007

- National Action Plan Progress Report
- Creative/Best Practice Study in Home Safety
- Workgroups:
  - ✓ Home Safety
  - ✓ State Coalitions
  - ✓ Advocacy
- Legislation reintroduced
- **NCIPC - AoA Inter agency agreement facilitating Falls Free Initiative**
- WHO invites NCOA to share Falls Free at International Fall Prevention Meeting

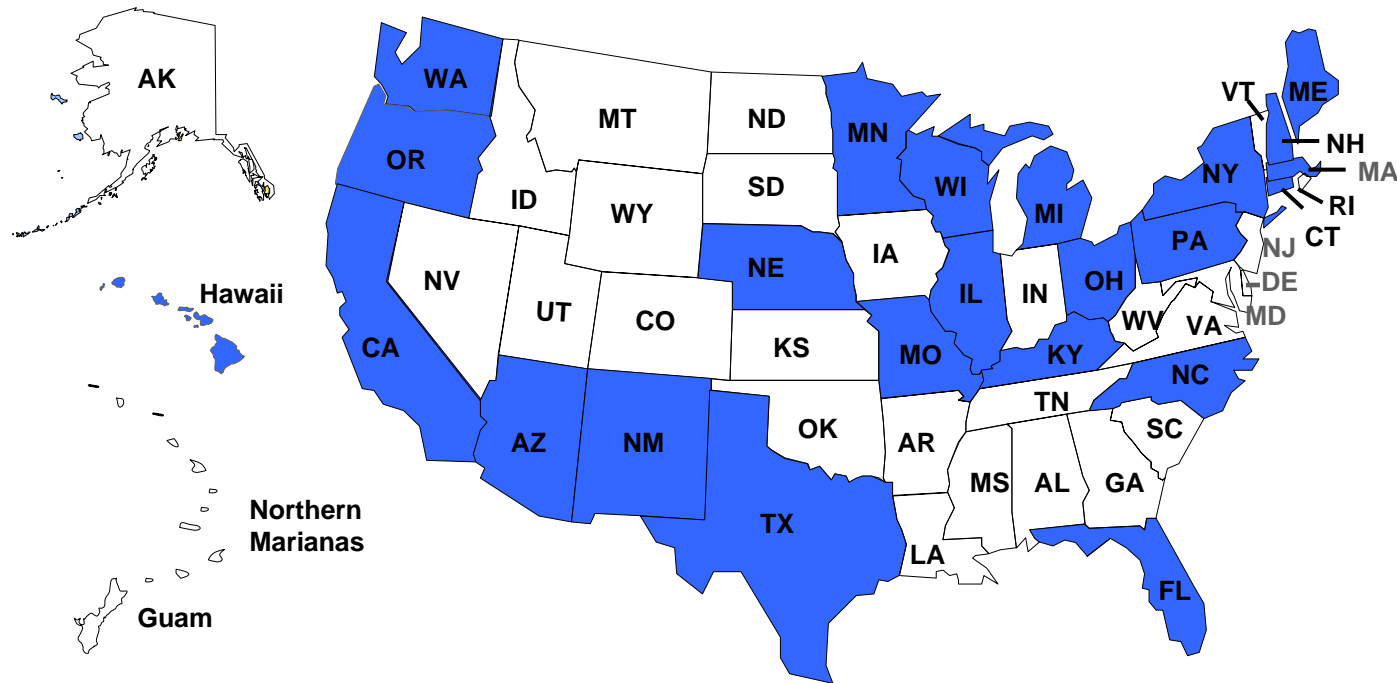
# Premise of the National Action Plan: **COLLABORATION**



## Multifactorial Nature of Falls Demands a Coordinated Effort

For any of these **evidence-based** interventions to be effective, they must be included as part of a program that addresses multiple risk factors for falls as most falls can be attributed to multiple causes...and is tailored to meet individual needs.

# *State Coalitions on Fall Prevention Workgroup*



■ States operating or developing Fall Prevention Coalitions to address the issue of falls and fall related injuries in older adult residents



# NCOA Coordinating Growing Momentum in Fall Prevention

## 2008

- Online Resource Tool released
- National Advisory Group convened
- **Safety of Seniors Act of 2007: Public Law 110-202 passed and signed into law**

## Safety of Seniors Act of 2007

- **Public Education/Awareness**
- **Provider Education Programs**
- **Demonstration Projects & Evaluation**
- **Cost Effectiveness Evaluation**

## Spin-off state legislation/policy initiatives

- Maine → passed
- New Jersey,
- Massachusetts,
- Connecticut
- New York

## 2009

### Current activities

- **Advocacy for PL 110-202 appropriations & inclusion in the economic stimulus package**
- Review of State policy needs
- National Public Awareness Campaign through the Ad Council
- Continue to provide TA to state coalition building efforts; building evaluation tools

# How will we make a real difference?

Local, state and national collaboration that brings:

- Broad awareness to the issue - falls are not an inevitable part of aging
- Training and education to providers
- Evidence-based programs, services and resources to older adults targeting prevention through risk reduction



