



NEW JERSEY FALLS PREVENTION AWARENESS WEEK

FROM AWARENESS TO ACTION

SEPTEMBER 17 – 23, 2023

DID YOU KNOW?

- One out of four older adults age 65+ fall each year in the United States.
- In 2021, 52,020 older Americans age 60+ died due to an unintentional fall – 678 of those were in New Jersey.
- Each day in New Jersey, an average of 270 older adults aged 60+ are treated in emergency departments or as inpatients due to a fall.
- In New Jersey, 84% of falls admitted as inpatients were aged 60 or older. Of that, 46.8% were 80 or older.
- Falls are the leading cause of traumatic brain injury among older adults (51%).

Source: CDC Wonder (2018-2021); NJ Department of Health, Center for Health Statistics (2022)

Falls are a serious public health problem. *Falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of functional independence.*

THE GOOD NEWS IS, FALLS ARE PREVENTABLE!

- Exercise regularly. It increases strength, flexibility and balance.
- Have your eyes and ears checked by a doctor at least once a year.
- Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- Make your home safer by removing fall hazards and improving lighting.
 - ✓ Remove clutter like loose papers, boxes, wires, and phone cords from walk paths and stairways.
 - ✓ Make lights brighter, especially in stairways. Consider a nightlight in the bath, bedroom, and hallways.
 - ✓ Install bath grips or grab bars in your tub or shower.
 - ✓ Use non-skid liners under rugs. Or, better still, remove all throw rugs.
- Ask the doctor or pharmacist to review your medicines, prescription and over-the-counter.
 - ✓ Many medicines can cause side effects such as weakness or dizziness.
 - ✓ Taking four or more medications increases your risk for a fall.

**HELP MAKE FALLS PREVENTION AWARENESS WEEK A SUCCESS
AND SPREAD THE WORD...**



FALLS ARE PREVENTABLE!

