



NEW JERSEY FALLS PREVENTION AWARENESS WEEK

FROM AWARENESS TO ACTION

SEPTEMBER 22 – 28, 2024

DID YOU KNOW?

- One out of four older adults age 65+ fall each year in the United States.
- In 2023, 43,334 older Americans age 60+ died due to an unintentional fall – 543 of those were in New Jersey.
- Each day in New Jersey, an average of 287 older adults age 60+ are treated in emergency departments or as inpatients due to a fall.
- In New Jersey, 85.1% of falls admitted as inpatients were age 60 or older. Of that, 47.7% were age 80 or older.
- Falls are the leading cause of traumatic brain injury among older adults (51%).

Source: CDC (2024), CDC Wonder (2018-2021); NJ Department of Health, Center for Health Statistics (2023)

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!

