

PREVENTING FALLS

Simple Steps to Stay Safe, Active, and Independent

Falls are not a normal part of aging, and most falls can be prevented. There are simple steps you can take to reduce your risk and stay active and independent.



TENNESSEE BY THE NUMBERS


33.2%

of older adults in TN report falling in the past 12 months.


\$885M

is the total annual direct medical cost of fall-related injuries in TN.


118,512

adults in TN suffered a fall-related injury in 2024.


1,069

Tennesseans died from an unintentional fall in 2024.


45%

increase in the fall-related death rate in TN from 2018 to 2023.

WHO IS AT THE HIGHEST RISK?



What Can Healthcare Providers Do?

Use the CDC's STEADI model (Stopping Elderly Accidents, Deaths and Injuries) to help identify patients who are at increased risk of falls and connect them with clinical and community resources to prevent future falls. Visit <https://www.cdc.gov/steadi/hcp/clinical-resources> for additional clinical resources.

FALLS CAN BE PREVENTED

- ✓ Stay physically active
- ✓ Improve strength and balance
- ✓ Review medications with your doctor
- ✓ Get vision and hearing checked
- ✓ Remove home hazards
- ✓ Wear supportive footwear
- ✓ Talk to your healthcare provider about your fall risk



CONNECT PATIENTS TO SERVICES



CLINICAL SERVICES

Home Safety Assessments
Medication review (Pharmacist)
Vision assessment (Optometrist)
Foot care (Podiatrist)
Physical Therapy



COMMUNITY PROGRAMS

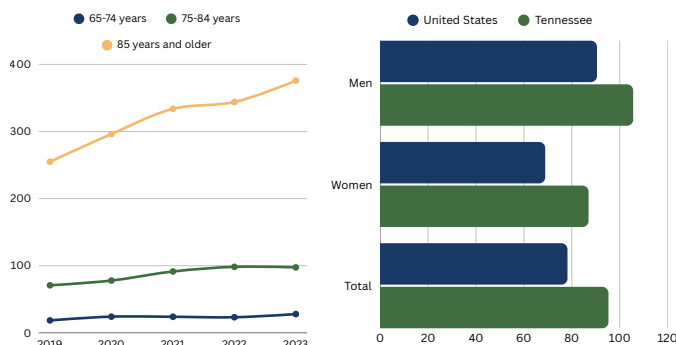
Refer to evidence-based programs
A Matter of Balance
Tai Chi for Arthritis
Bingosize
Stay Active and Independent for Life

COMMUNITY PARTNERS

University of Tennessee Extension
Local Senior Centers
Area Agency on Aging and Disability
TDH Local Health Departments

Unintentional Fall-Related Death Rates Among Tennessee Older Adults by Age (2019–2023) and Gender (2023)

- Tennessee's fall death rate is 24% higher than the U.S. average.
- Tennessee ranks 45th in physical inactivity among older adults; nearly 40% are inactive and 57% have multiple chronic conditions.
- Adults 85+ have a fall death rate nearly 14 times higher than adults ages 65–74.



References

<https://www.cdc.gov/falls/data-research/>

Healthy People 2030, Objective IVP-08, Reduce fall-related deaths among older adults. Data source: National Vital Statistics System–Mortality (NVSS-M) and population estimates.