Older Adult Fall Prevention
CDC’s Injury Center Uses Data and Research to Save Lives

Falls are the leading cause of injury and injury death among adults ages 65 and over.

More than 1 in 4 older adults fall each year leading to:
- 36,000 deaths
- 3M emergency department visits
- 1M hospital stays

Older adult falls result in more than $50 billion in medical costs every year. Medicare and Medicaid shoulder 75% of these costs.

Our Mission
CDC empowers healthcare providers, public health agencies, older adults, and caregivers to help maintain the health and independence of older adults by preventing falls.

CDC Equips Healthcare Providers

- The Stopping Elderly Accidents, Deaths & Injuries (STEADI) initiative supports healthcare providers in making fall prevention a routine part of their clinical practice.
- STEADI-Rx guides pharmacists on how to screen pharmacy patients, assess for medication issues, and intervene to reduce patients’ fall risk.
- A STEADI best practices guide helps inpatient staff make fall prevention part of the hospital stay to reduce older adult falls during and after hospitalization.

CDC Educates Older Adults and Caregivers

- MyMobility Plan guides older adults on building a plan to stay independent by staying safe at home and mobile in their community.
- The Still Going Strong campaign raises awareness about common injuries, such as falls, and provides simple steps older adults and their caretakers can take to help older adults age without injury.

CDC Supports Communities

- With CDC funding, the National Association of County and City Health Officials leverages community partners, such as emergency medical services, to promote fall prevention with older adults in their homes.

www.cdc.gov/falls

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