Falls Are a Major Threat for Your Patients

- Every 20 minutes, an older adult dies from a fall.
- 1 out of 5 falls causes a serious injury, such as a head trauma, or a fracture.
- Less than half of the Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it.

More than 3 million older adults are treated in emergency departments for nonfatal fall injuries each year.

Medicare costs for fall injuries total over $31 billion annually. Hospital costs account for two-thirds of the total.

The good news— as a healthcare provider, your efforts can prevent many of these injuries!

Providers can start preventing falls with these 3 steps:

**STEP 1: Screen**
You can screen for fall risks by asking these three questions:
1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

**STEP 2: Review**
Review and manage medications linked to falls.

**STEP 3: Recommend**
Recommend vitamin D for improved bone, muscle, and nerve health.

CDC’s STEADI tools and resources can help you screen, assess, and intervene to reduce your patient’s fall risk.

For more information, visit [www.cdc.gov/steadi](http://www.cdc.gov/steadi).