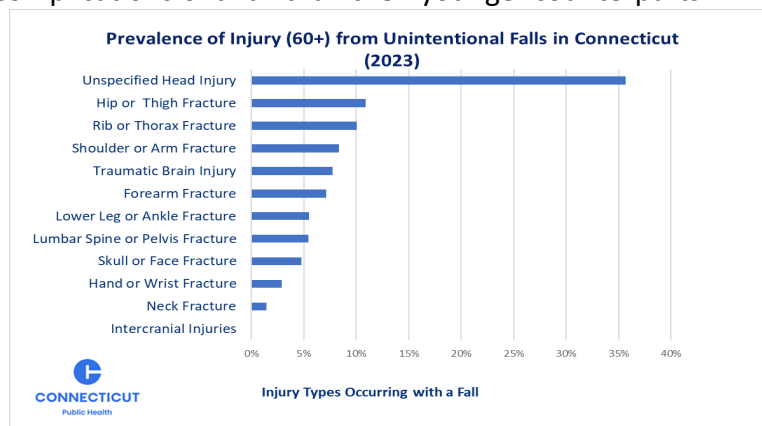


UNINTENTIONAL FALL-RELATED INJURY IN CONNECTICUT'S OLDER ADULTS (60+) A FACT SHEET – 2023 UPDATE

INJURY AND VIOLENCE SURVEILLANCE UNIT • OCTOBER 2024

What We Know About Unintentional Fall-Related Injury in Connecticut's Older Adults:

Unintentional fall-related injury is the leading cause of fatal and non-fatal injury in Connecticut's adult population aged 60 years and older. These older adults are much more likely to die from complications of a fall than their younger counterparts.

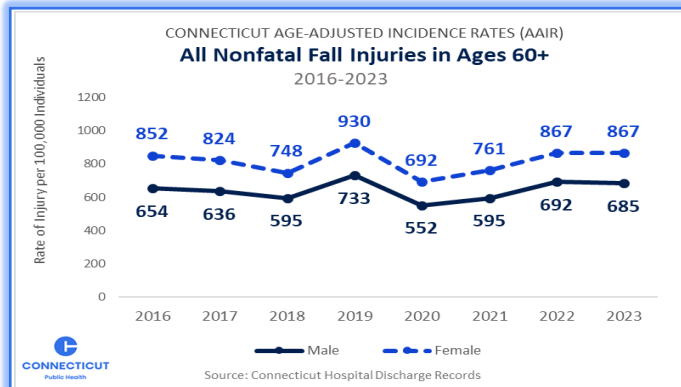
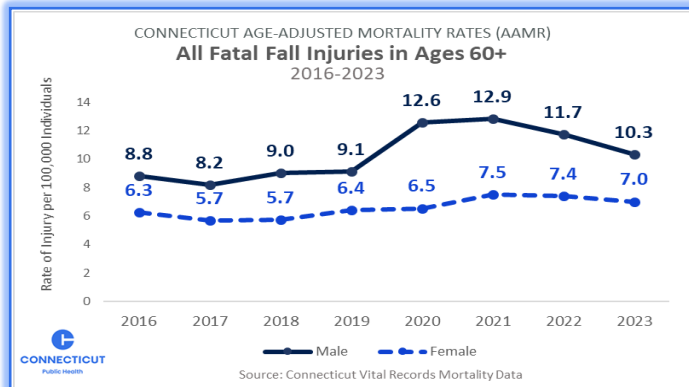


Falls in older adults often result in serious, life-altering complications, requiring intensive care and prolonged recovery times. Surviving a fall can also create a fear of falling (FOF). FOF limits a person's willingness to engage in physical activity and has been studied as a predictor of future falls and declines in cognitive functioning and short-term survival ¹.

Risks for FOF include physical, psychological, environmental, and sociodemographic factors.

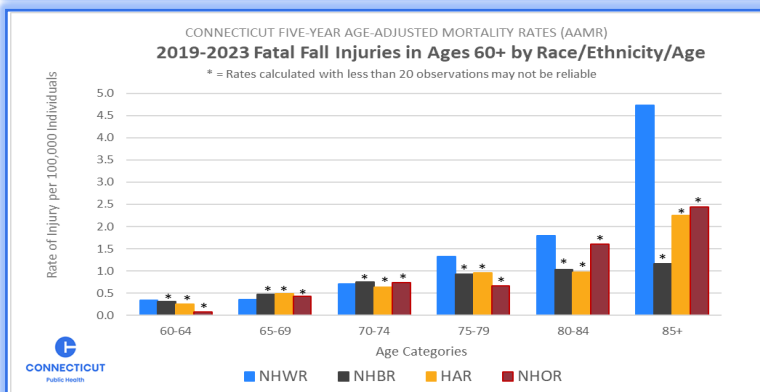
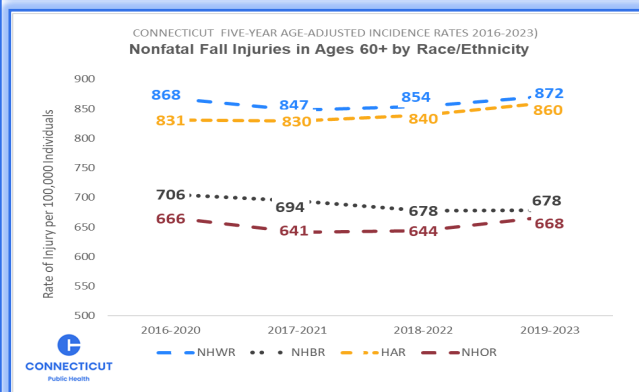
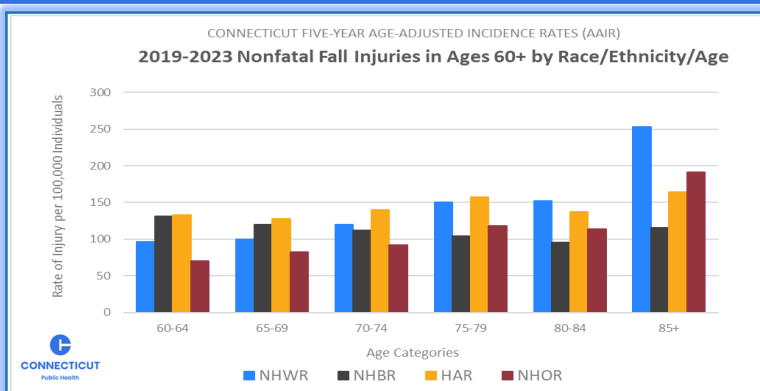
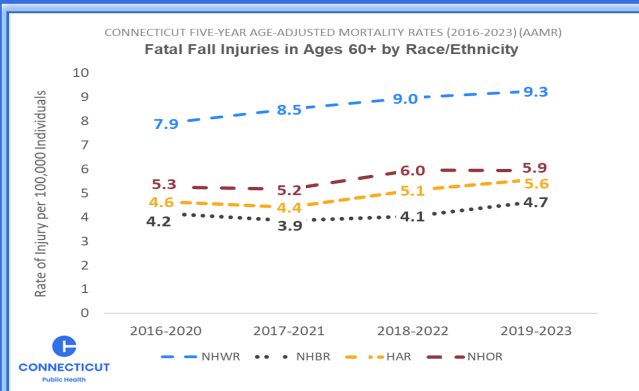
Key Points:

- Connecticut's population aged 60+ are 7.6 times more likely to die from a fall than their younger counterparts.
- Connecticut residents aged 60+ accounted for 25.3% of Connecticut's current population but represented 91.5% of Connecticut's fatal falls and 80.7% of nonfatal hospital admissions from a fall.
- In 2023, for Connecticut residents aged 60+, the age-adjusted incidence rate for nonfatal injury related to a fall was 787.3 per 100,000 older adults and the age-adjusted mortality rate for fatal injury related to a fall was 8.4 per 100,000 older adults.
- Connecticut residents aged 60+ incurred 86% of fall-related neck fractures, 66% of fall-related lumbar spine and pelvis fractures, and 58% of fall-related hip and thigh fractures.
- In 2023, Connecticut hospitals billed \$567 million to care for older adults injured by a fall, \$222 million for hospital admissions care and \$335 million for emergency department treatment and release visits.



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Data Sources: Fatalities reported from CT Vital Records data and Non-Fatalities reported from Connecticut Hospital Discharge data
WRNH=White Race non-Hispanic, BRNH=Black Race non-Hispanic, HAR=Hispanic (All Races), ORNH=Other Races non-Hispanic

What You Can Do to Prevent Falls

- Make your home safer by reducing tripping hazards, using safety gates on stairways, putting anti-slip mats in bathtubs and showers, buying non-slip carpets or mats, installing handrails or grab bars, and by providing adequate lighting in dark places.
- Get regular exercise to improve muscle strength and balance.
- Wear proper footwear.
- Contact your local Area Agency on Aging, Senior Center, YMCA, Visiting Nurse Association, or the Connecticut Health Living Collective to locate a falls prevention program near you.
- Get your vision and hearing checked at least once a year.
- Ask your doctor or healthcare provider to evaluate your risk for falling and to review your medicines for those that can make you drowsy.
- For additional information about available resources, call 1-800-994-9422 to be directed to your local Area Agency on Aging or visit the Department of Aging and Disability Services' website at <https://portal.ct.gov/ads>.

References

- 1 MacKay S, Ebert P, Harbidge C, Hogan DB. Fear of Falling in Older Adults: A Scoping Review of Recent Literature. Can Geriatr J. 2021 Dec 1;24(4):379-394. doi: 10.5770/cgj.24.521. PMID: 34912493; PMCID: PMC8629501.

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