

## Prevention and Health Promotion

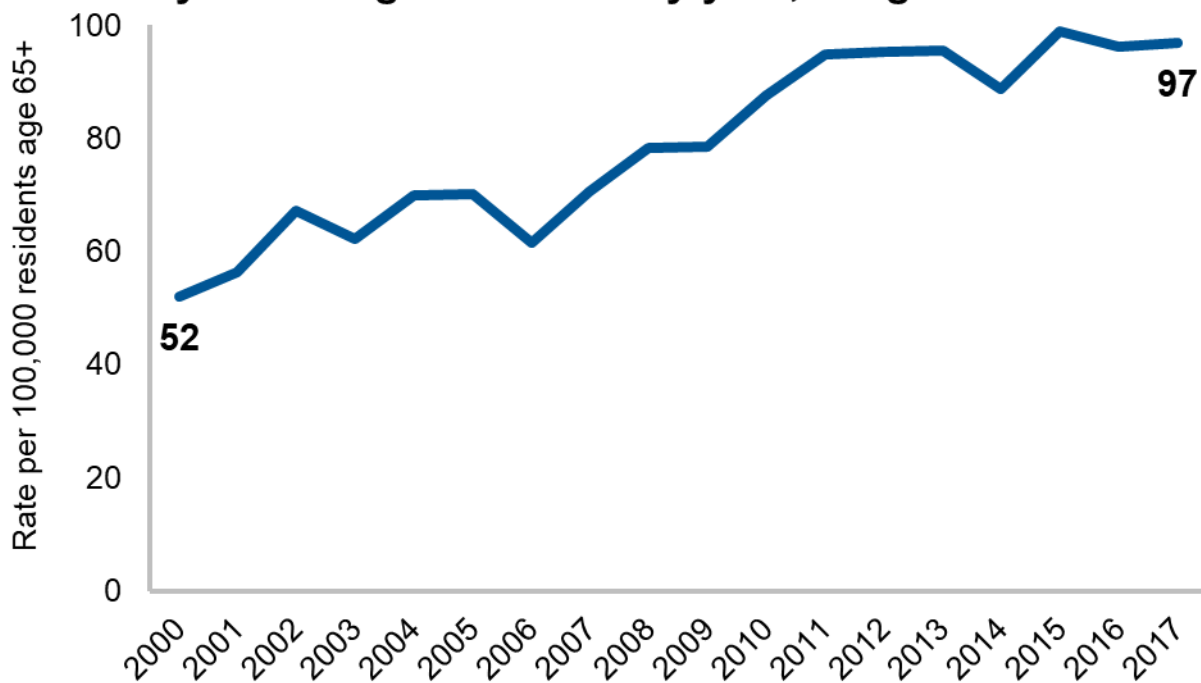
# Fall injuries among older adults

Falls are a major cause of morbidity among Oregonians age 65 years or older. Among older adults, falls are the leading cause of injury death and also the most common cause of nonfatal injuries and hospital admissions for trauma.

The death rate from falls among older men and women rose from 52 per 100,000 in 2000 to 97 per 100,000 in 2017 (Figure 1).

FIGURE 1

### Fall-related mortality rate among persons 65 years of age and older by year, Oregon

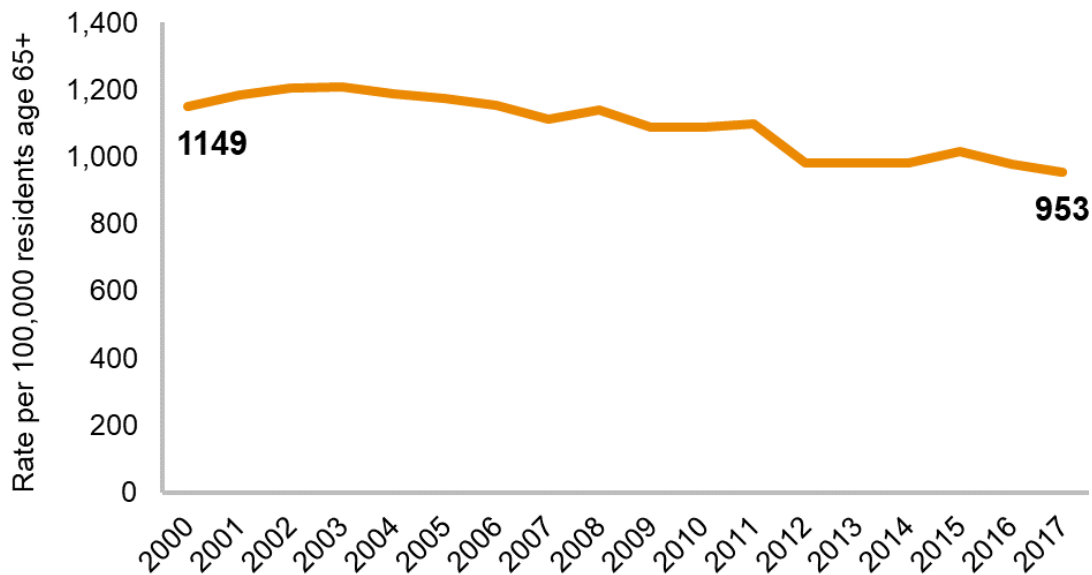


Source: Oregon Death Certificate Data

More than 6,000 hospitalizations occur each year related to falls among older adults in Oregon. The rate of hospitalization due to falls has decreased slightly over the past decade (Figure 2).

FIGURE 2

### Fall-related hospitalization rate among persons 65 years of age and older by year, Oregon



Source: Oregon Hospital Discharge Dataset (HDD)

Falls occur due to variety of factors, including a greater prevalence of frailty, chronic disease, sensory and cognitive impairments, and medication use. Prevention strategies include: exercise to increase strength and balance; medication reviews, regular vision exams, and home safety improvements to reduce fall hazards.

**Additional Resources:** [Falls Among Older Adults in Oregon](#)

**About the Data:** Data sources are the Oregon Hospital Discharge Dataset (HDD) provided by the Oregon Association of Hospitals and Health Systems and Oregon Death Certificates. HDD provides information on hospital discharges from all general hospitals in Oregon except two U.S. Veterans Administration hospitals. For hospitalizations, data include hospitalizations among people aged  $\geq 65$  years where any of the ICD-9-CM codes or subcodes (including E-codes) or ICD-10CM related to falls were listed among the discharge diagnoses. For deaths, data include deaths among people aged  $\geq 65$  years where any of the ICD-10 codes or subcodes related to falls were listed as the underlying cause of death. Population estimates used in calculating rates are from the National Center for Health Statistics (NCHS).

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[Oregon State Health Profile](#)

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