



Public Health
Prevent. Promote. Protect.

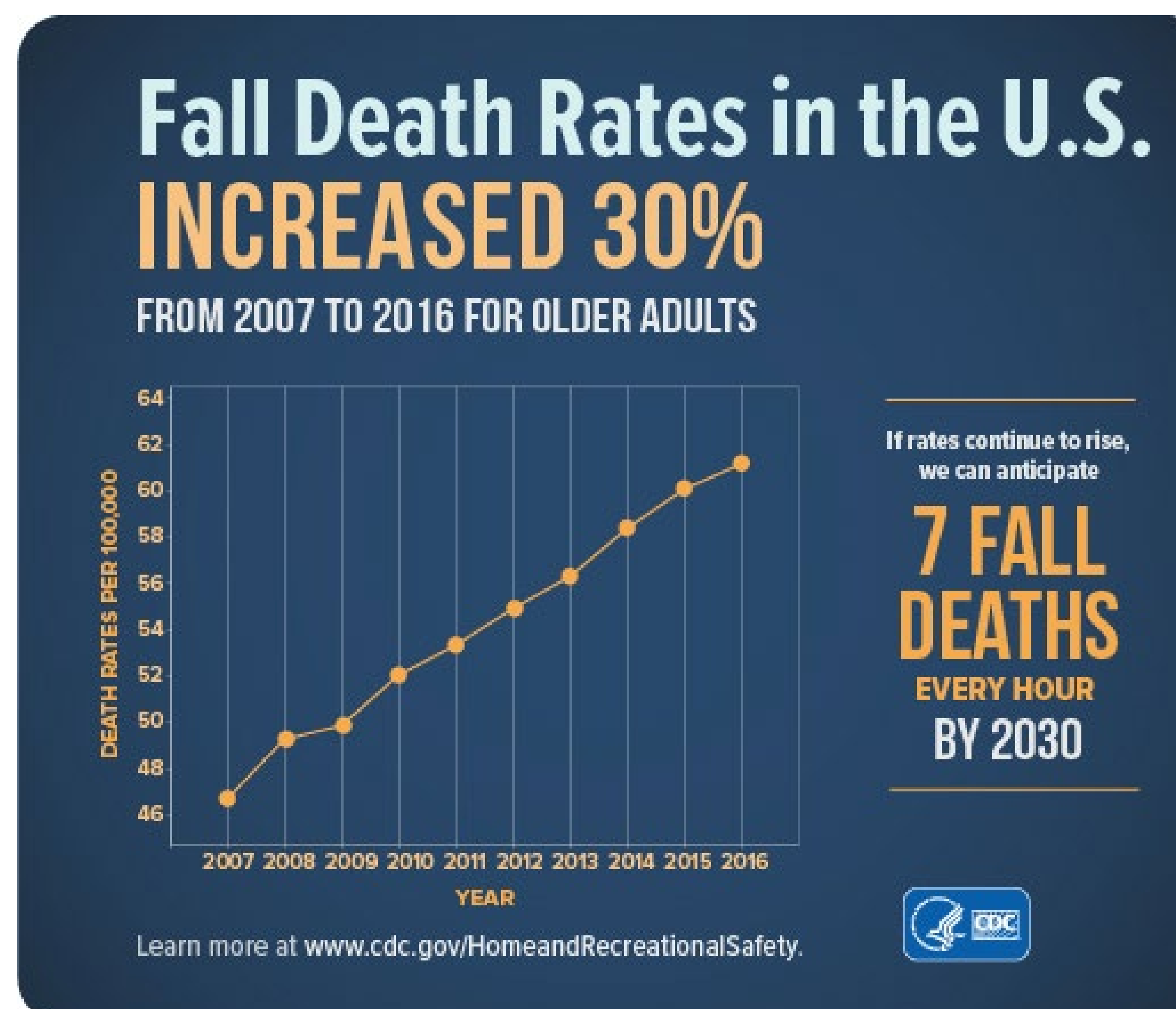
Walk Safe this Winter!

Did You Know?...

According to the U.S. Centers for Disease Control and Prevention:

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Falls Can Be Very Serious



What Conditions Make You More Likely to Fall?

- Lower body weakness.
- Not enough vitamin D.
- Difficulties with walking and balance.
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, or clutter that can be tripped over.

1 out of 3 will fall each year

falls leading cause of both fatal and nonfatal **INJURIES**

20-30% who fall suffer moderate to severe injuries

What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.

Falls can cause head injuries.

Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

Ways to Reduce Slips, Trips and Falls During the Cold Months

- Wear shoes or boots with rubber soles.
- Always use handrails if available balance.
- Make sure the area outside is well lit
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Take shorter steps.
- Keep hands free to brace a fall.
- Slow down.
- Be careful when stepping into the car.
- Use a cane, walker or other assistive device Or walk with someone.

For More information

Call the West Windsor Health Department at 609-799-2400
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Serving West Windsor, Robbinsville and Hightstown