



CHRONIC DISEASE BURDEN UPDATE

■ The first day of Autumn, September 22nd, is Older Adult Falls Prevention Day.

Falls are the leading cause of fatal and non-fatal injuries for older adults (age 65 and over) in the U.S. In addition to pain and suffering, there is an impact on the cost of rehabilitation and quality of life for older adults who have experienced a fall. Fortunately, falling is not an inevitable part of aging.

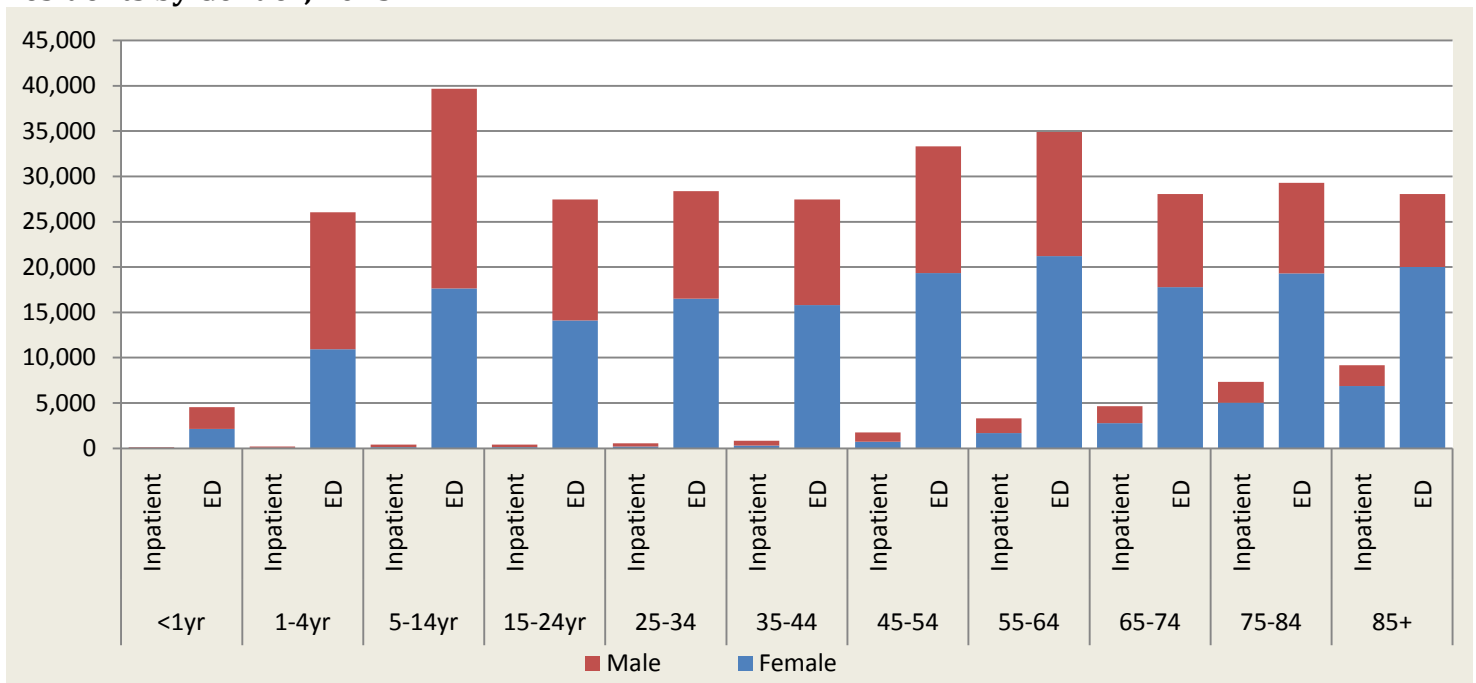
According to national data*:

- One-third of adults over age 65 fall each year.
- Every 13 seconds, an older adult is treated in the emergency department (ED) for a fall; every 20 minutes, an older adult dies from complications attributed to a fall.
- Falls result in more than 2.5 million injuries treated in EDs annually, including over 734,000 hospitalizations and more than 21,700 deaths.
- In 2013, the total cost of fall injuries was \$34 billion in the U.S. By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$67.7 billion.

ILLINOIS INPATIENT AND ED FALLS

In 2013, there were 21,158 inpatient hospitalizations in Illinois among older adults due to falls. There were an additional 85,412 ED visits due to falls. Among older adults, more females visit the hospital and ED for falls.

Figure 1. Inpatient Hospitalizations and Emergency Department Visits Due to Falls Among Illinois Residents by Gender, 2013



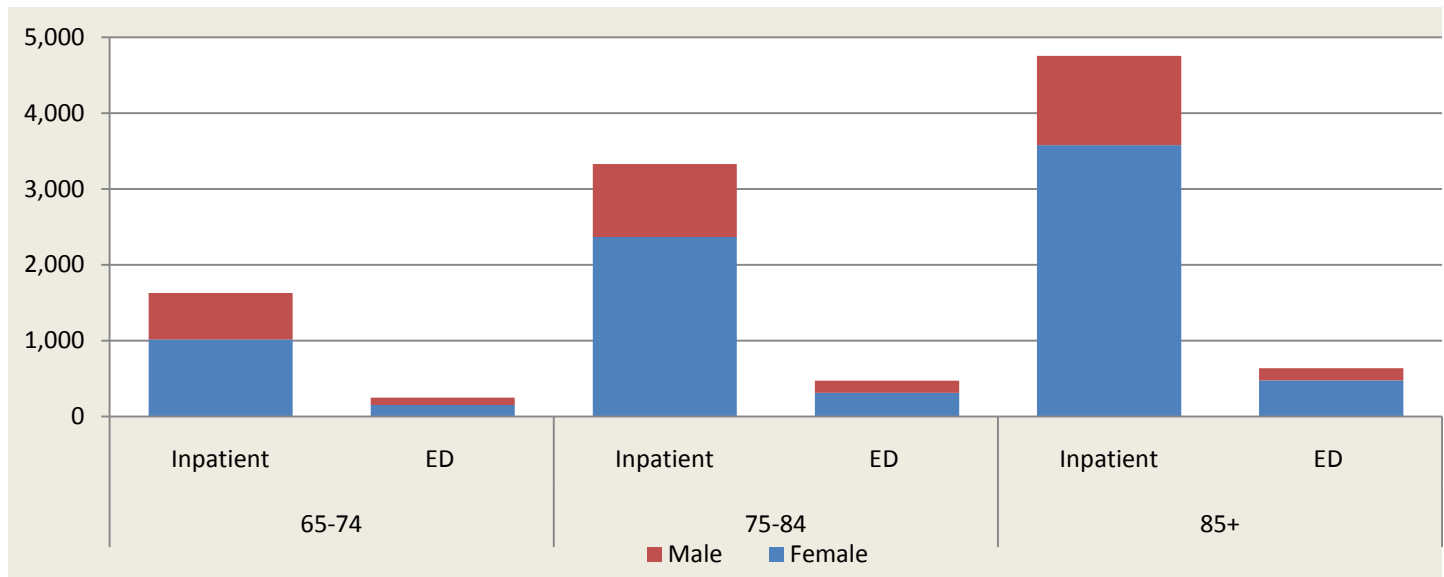
Note: Data table available at end of document

Source: Illinois Hospital Discharge Dataset, Illinois Department of Public Health, 2013

ILLINOIS INPATIENT AND ED HIP-FRACTURES

In 2013, there were 9,709 inpatient hospitalizations in Illinois among adults older than 65 years of age due to hip-fractures. There were also 1,316 ED visits due to hip-fractures. Among older adults, more females visit the hospital and ED for hip-fractures.

Figure 2. Inpatient Hospitalizations and Emergency Department Visits Due to Hip-Fractures Among Illinois Residents by Gender, 2013



Note: Data table available at end of document

Source: Illinois Hospital Discharge Dataset, Illinois Department of Public Health, 2013

FALLS PREVENTION

Falls can be prevented. There are some simple things you can do to keep yourself from falling.

1. Talk to a Doctor
 - a. Ask a doctor or health care provider to evaluate falling risk and talk with them about specific things to do.
 - b. Ask a doctor or pharmacist to review medicines for side effects, such as dizziness or sleepiness.
 - c. Ask a doctor or health care provider about taking vitamin D supplements with calcium.
2. Begin an exercise program to improve leg strength and balance.
3. Have eyes checked by an eye doctor at least once a year, and be sure to update eyeglasses if needed.
4. Make the home safer by:
 - a. Getting rid of things that could cause trips
 - b. Adding grab bars inside and outside the tub or shower and next to the toilet
 - c. Putting railings on both sides of stairs
 - d. Adding more or brighter light bulbs

* Source: U.S. Centers for Disease Control and Prevention. Accessed August 23rd at

<http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Table 1. Inpatient and ED Visits for Falls and Hip-Fractures Among Illinois Residents by Gender, 2013

	Fall-Related Visits				Hip-Fracture Related Visits			
	Inpatient		ED		Inpatient		ED	
	Female	Male	Female	Male	Female	Male	Female	Male
<1yr	58	60	58	60	-	-	-	-
1-4yr	76	117	76	117	-	-	-	-
5-14yr	126	285	126	285	-	-	-	-
15-24yr	122	286	122	286	-	-	-	-
25-34	202	345	202	345	-	-	-	-
35-44	307	522	307	522	-	-	-	-
45-54	736	1,009	736	1,009	-	-	-	-
55-64	1,696	1,626	1,696	1,626	-	-	-	-
65-74	2,782	1,869	2,782	1,869	1,018	610	155	95
75-84	5,033	2,314	5,033	2,314	2,366	962	315	158
85+	6,882	2,278	6,882	2,278	3,577	1,176	476	164

Source: Illinois Hospital Discharge Dataset, Illinois Department of Public Health, 2013