



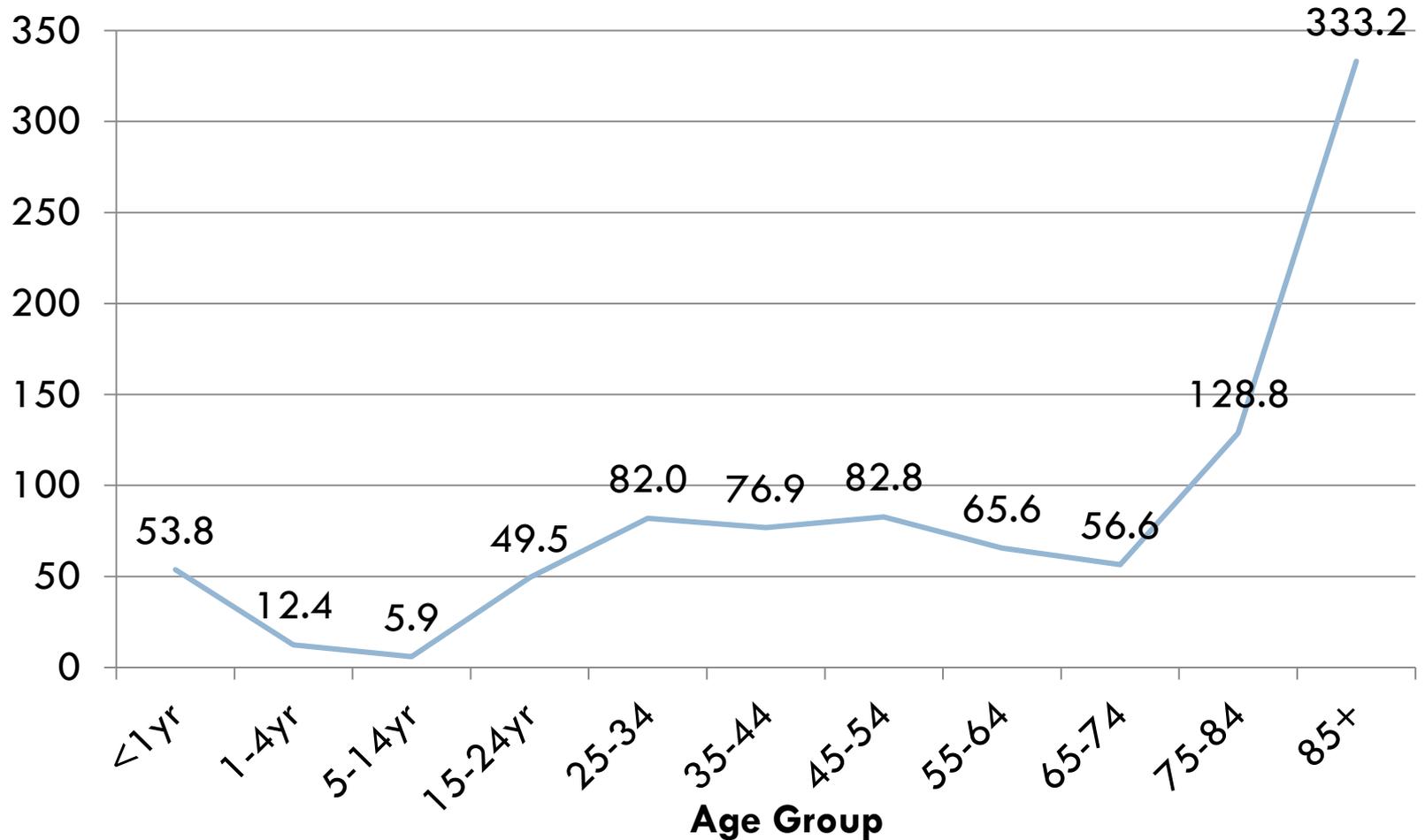
FALLS AMONG OLDER ADULTS IN OHIO

Andrew Wapner, DO, MPH, FAAP, FACOP

Physician Administrator Ohio Department of Health

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Injury Death Rates per 100,000 by age group, 2013



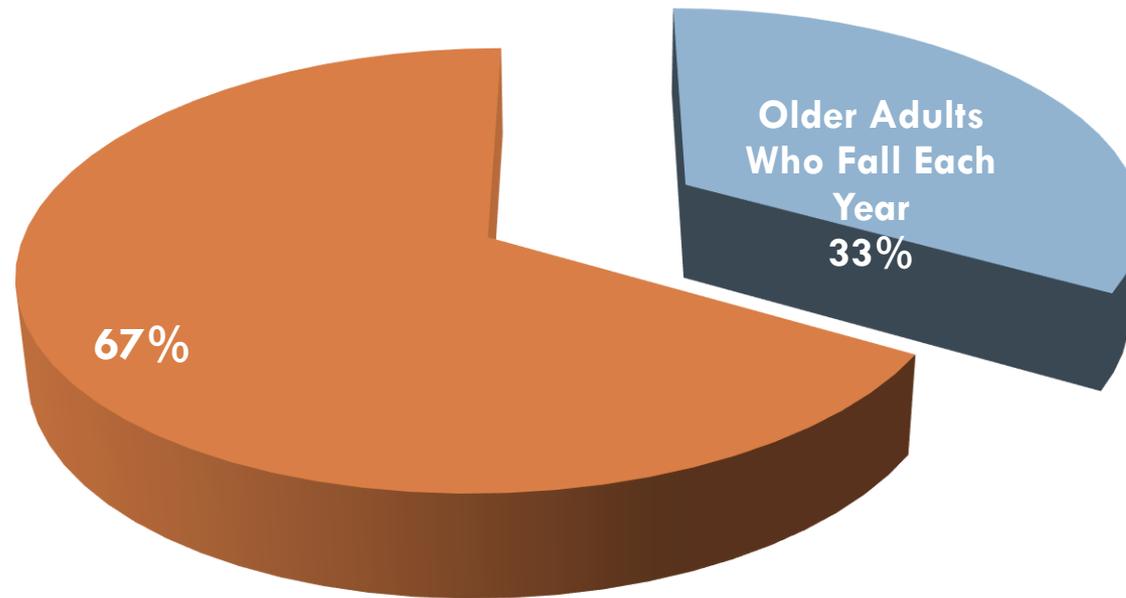
Source: Ohio Department of Health, Office of Vital Statistics

Key Points

- **Falls among older adults have reached epidemic proportions and rates continue to rise.**
- **Falls among older adults are costly... in terms of direct costs and quality of life.**
- **Older adults account for a disproportionate share of fall-related injury.**
- **The likelihood of falling and the severity of fall-related injury increases with age, and therefore the risk for hospitalization and death.**
- **Older adults with poor health status and those who are isolated are at greater risk for falling.**

Epidemic Proportions of Falls

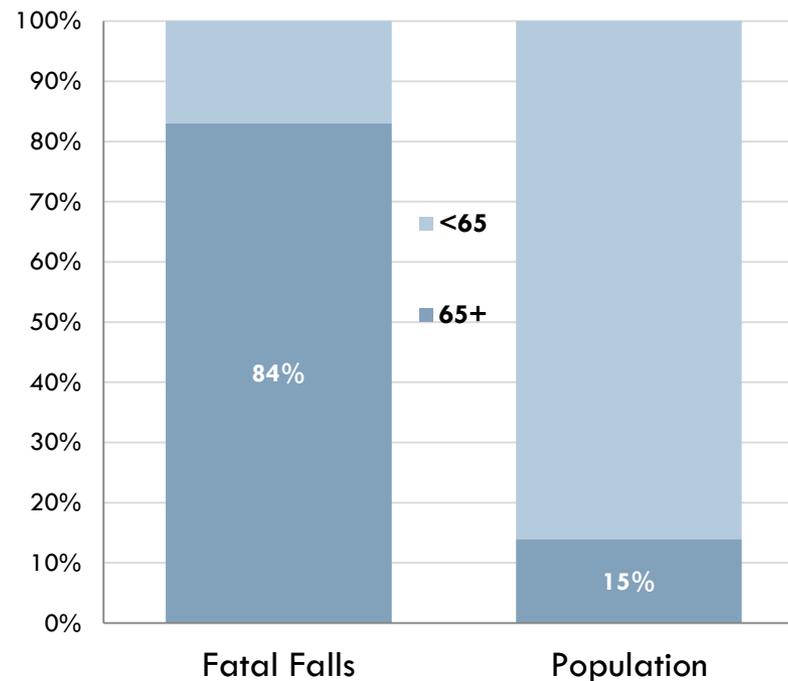
Each year, 1 in 3 older adults falls.*



*Source: **Hornbrook MC, Stevens VJ, Wingfield DJ, Hollis JF, Greenlick MR, Ory MG.** *Preventing falls among community-dwelling older persons: results from a randomized trial.* The Gerontologist 1994;34(1):16–23.

Distribution of Fatal Falls

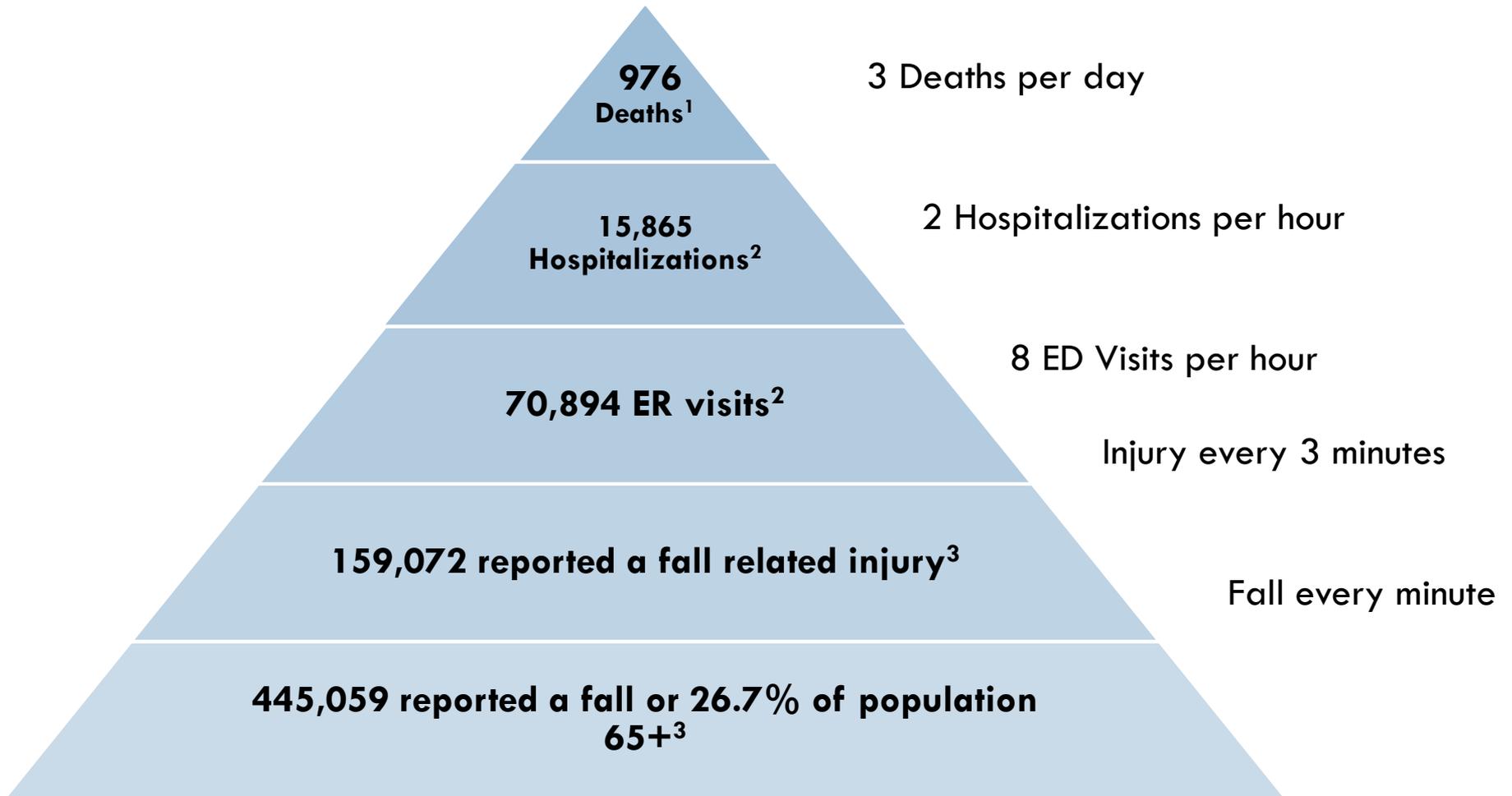
Distribution of fatal falls compared to population by age group, 65+ years vs <65 years, Ohio 2013¹



Source: Ohio Department of Health, Office of Vital Statistics

Falls among adults, 65+

Ohio, 2012



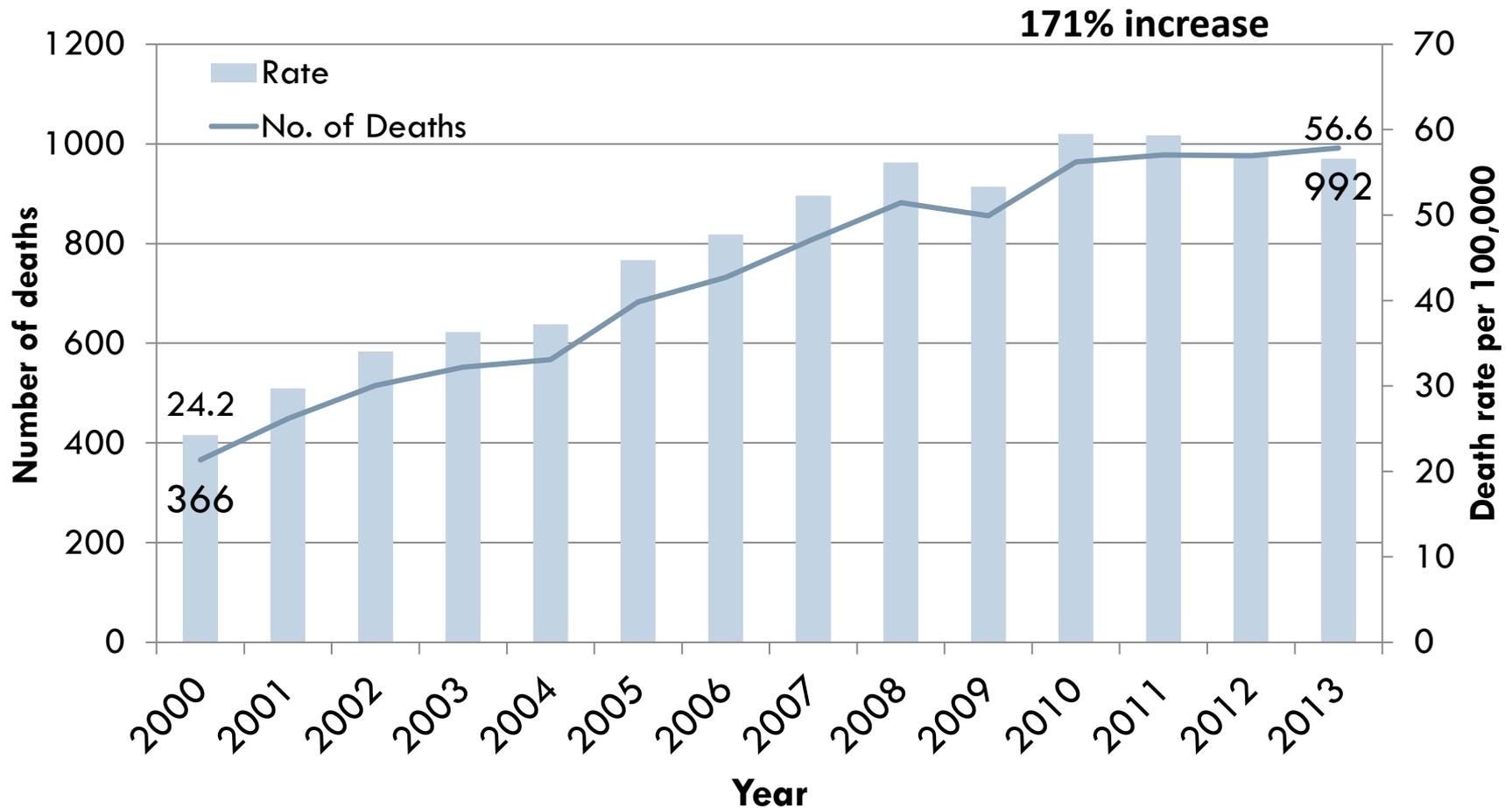
Sources: ¹ODH Office of Vital Statistics, 2012 data ²Ohio Hospital Association, 2012 data ³BRFSS Survey, 2012



Trends Over Time

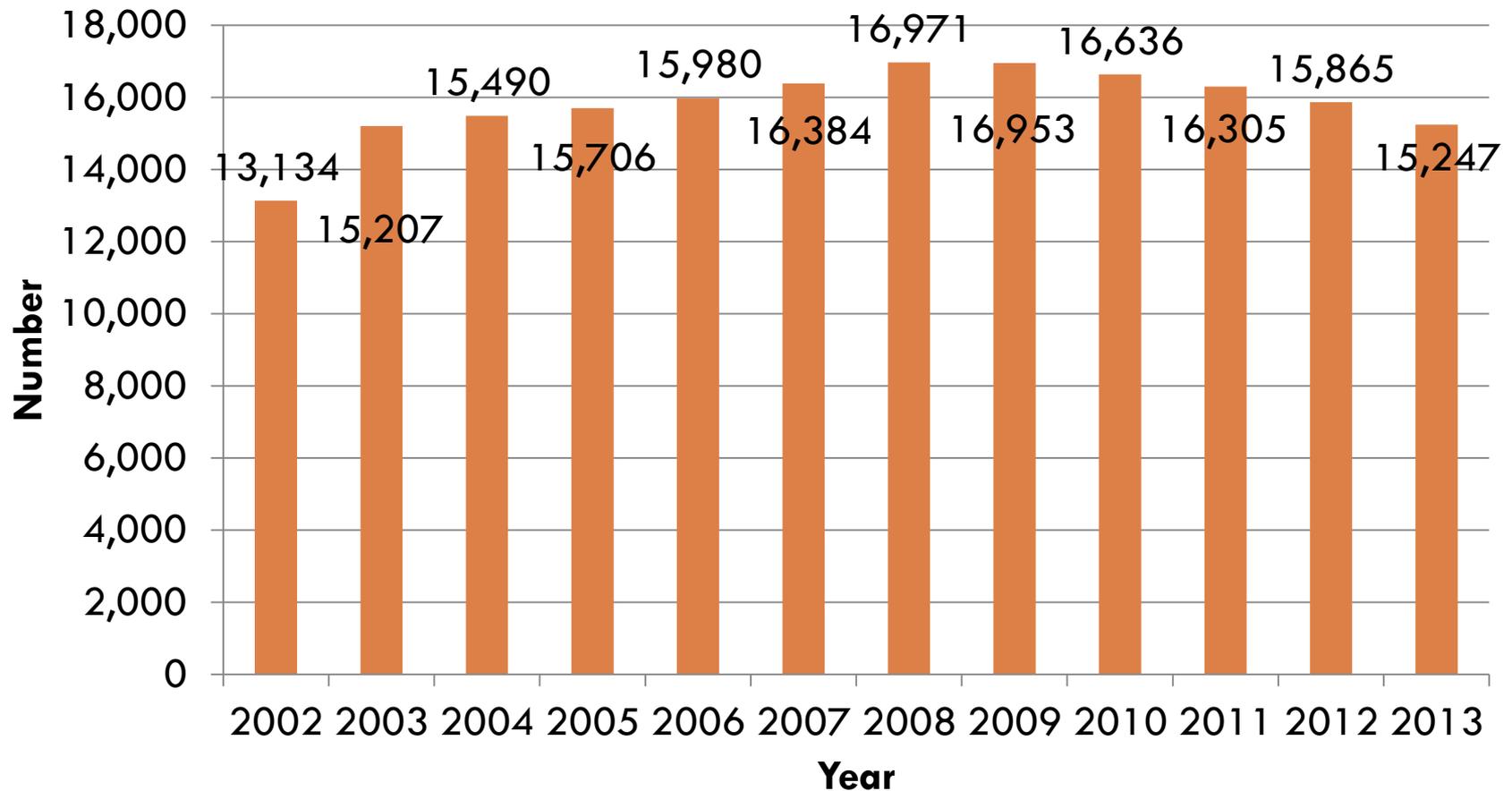


Number of fatal falls, adults 65+, Ohio, 2002-2013



Source: Ohio Department of Health, Office of Vital Statistics

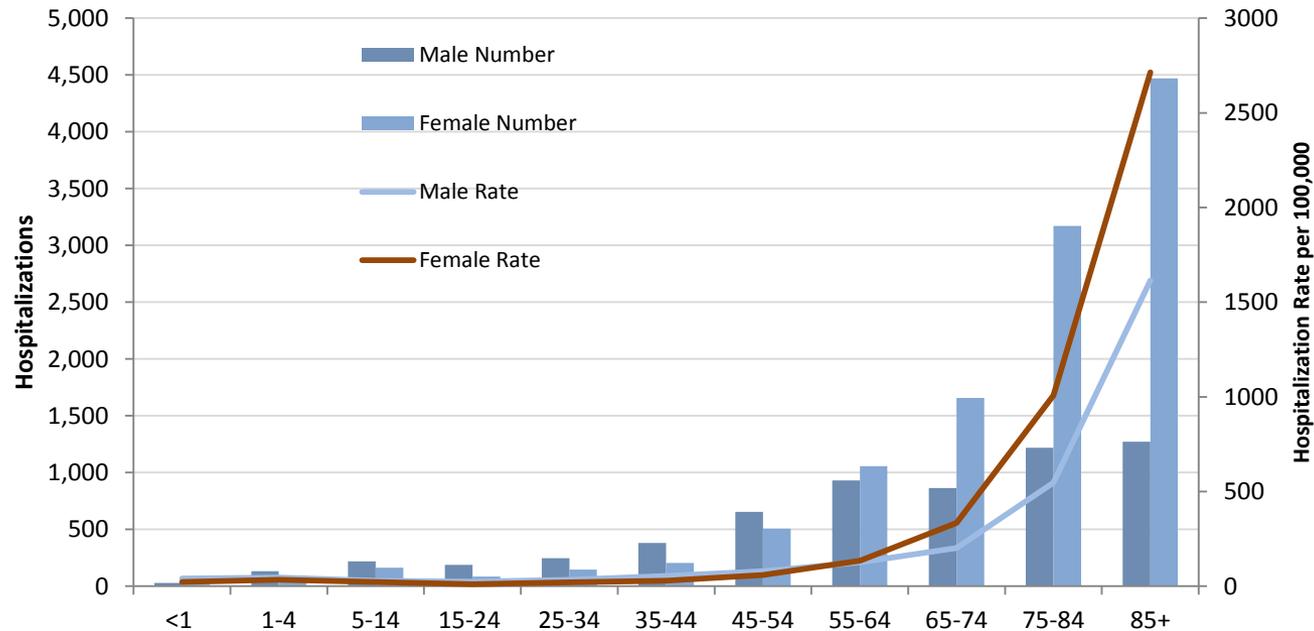
Number of fall related hospitalizations, adults 65+, Ohio, 2002-2013



Source: Ohio Hospital Association

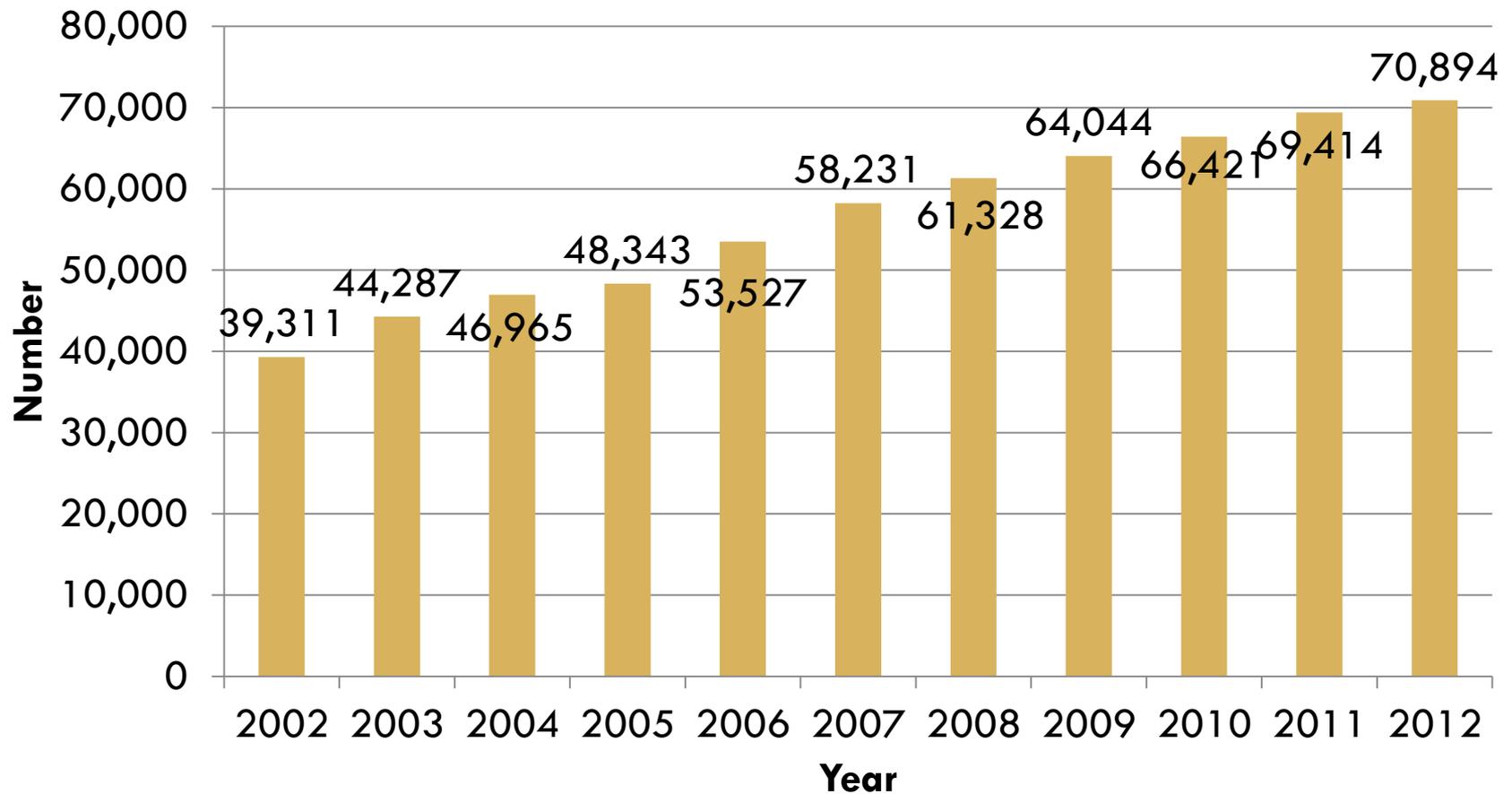
Number of fall related hospitalizations rates by age and gender

Average annual fall-related inpatient hospitalization rates, by age group, sex, Ohio, 2012



Source: Ohio Hospital Association

Number of fall related ED visits, adults 65+, Ohio, 2002-2012

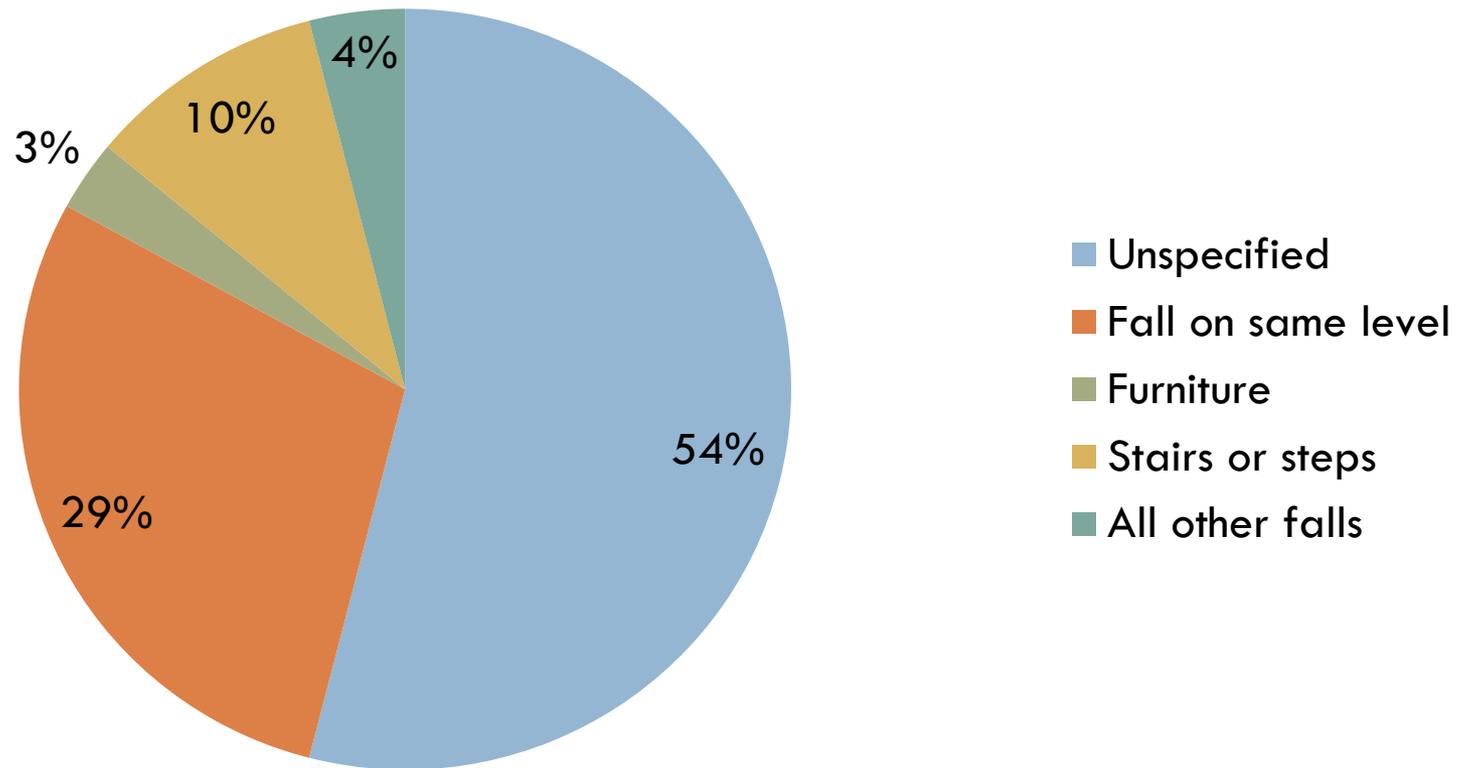


Source: Ohio Hospital Association



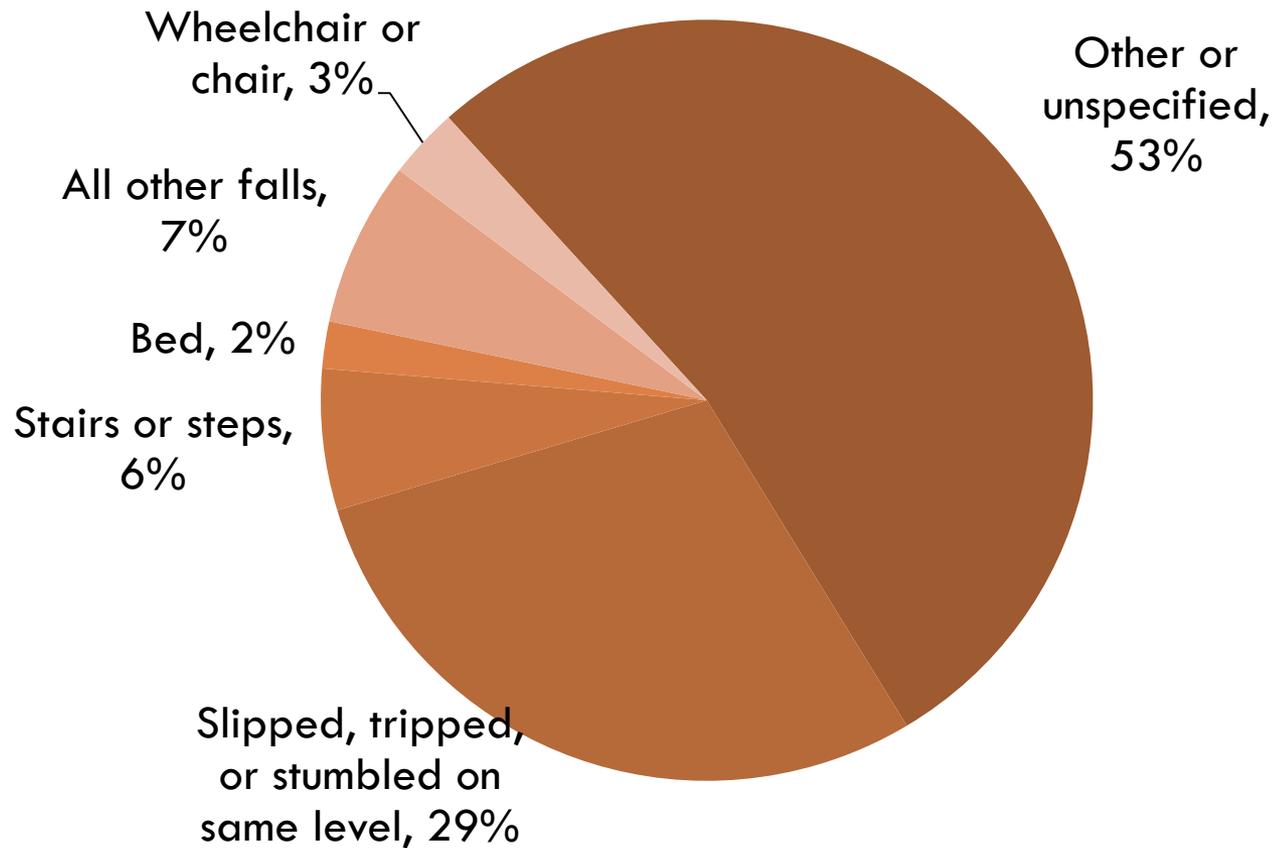
Location and Causes of Falls

Distribution of fatal falls by cause 2013



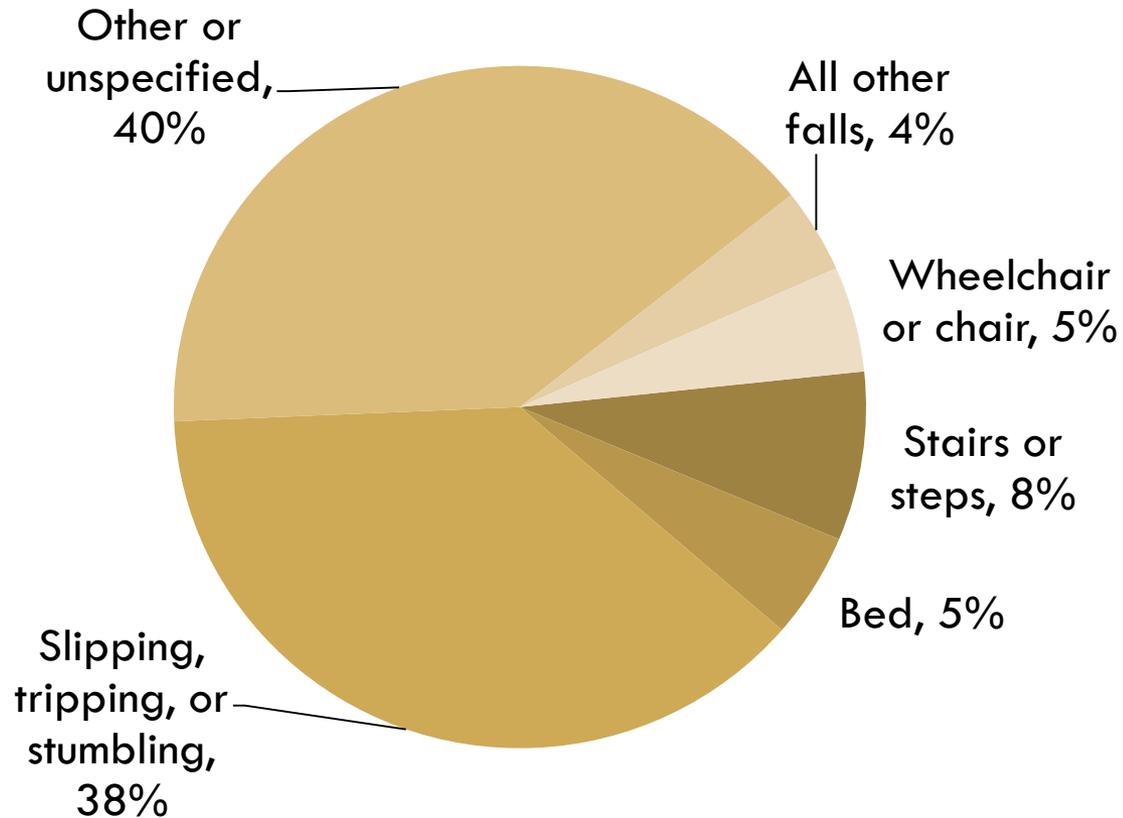
Source: Ohio Department of Health, Office of Vital Statistics

Percentage of fall related hospitalizations by cause, 65+ Ohio, 2013



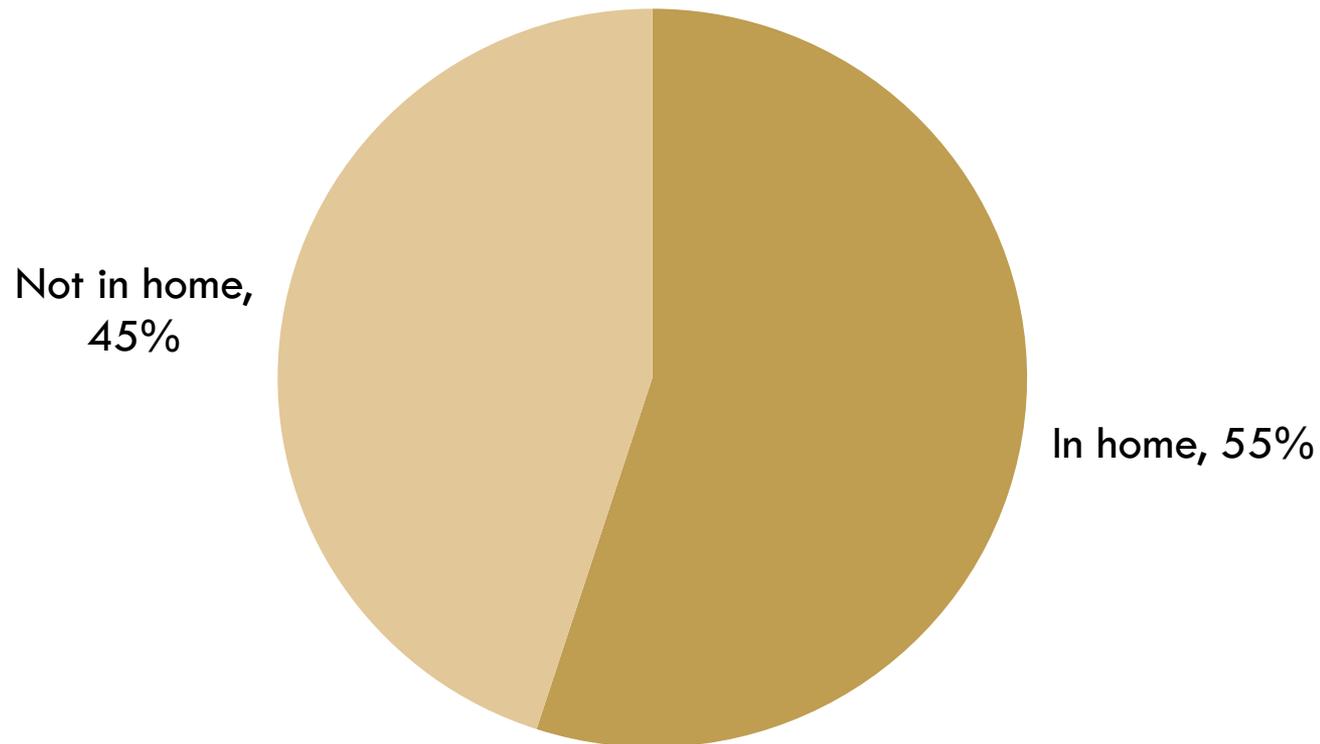
Source: Ohio Hospital Association

Percentage of fall related ED visits by cause, 65+ Ohio, 2013



Source: Ohio Hospital Association

Percentage of fall related ED visits by location*, 65+, Ohio, 2013



Source: Ohio Hospital Association

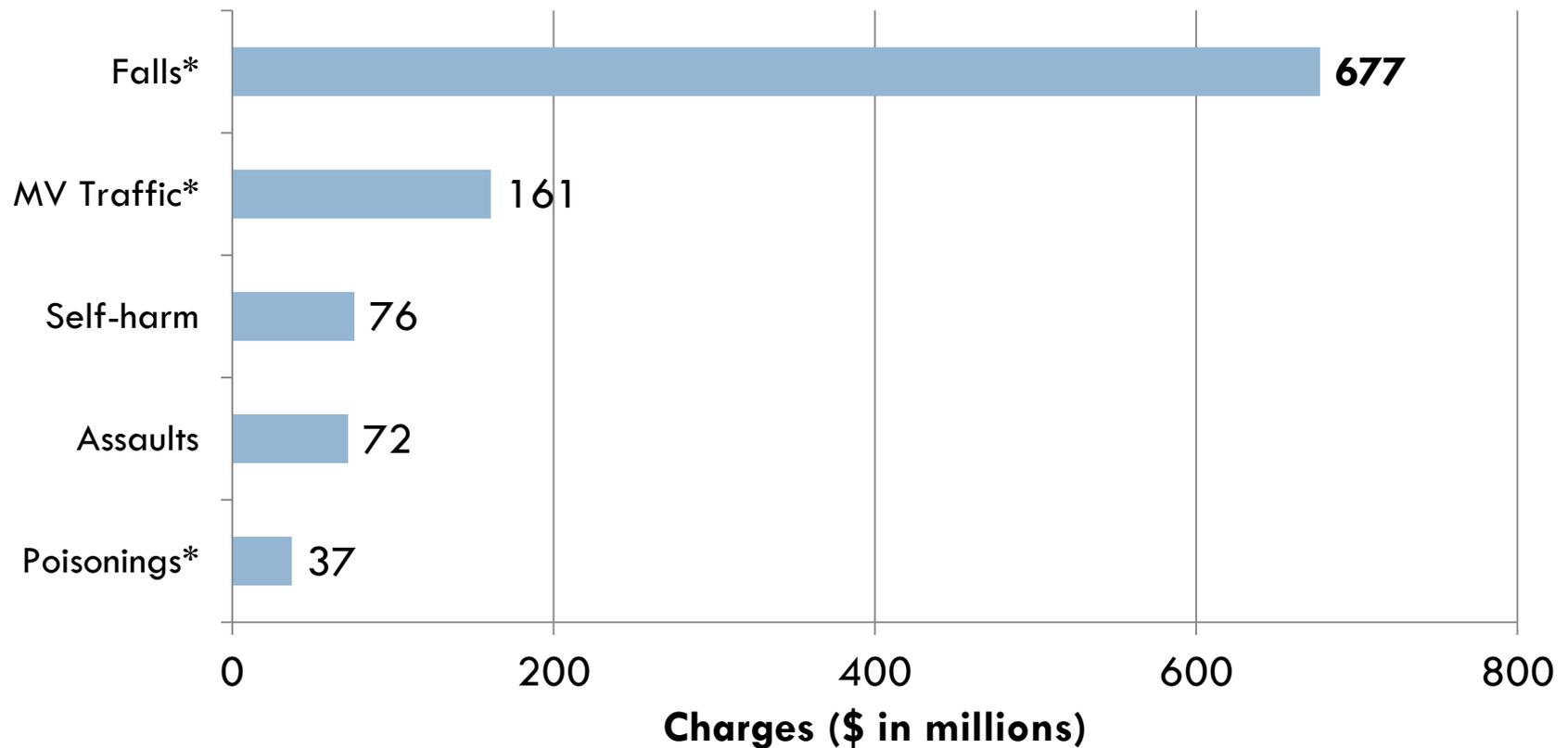
*Among those with a known location

**Home includes residential institutions



Costs of Fall-related Injury

Total charges (in millions) for inpatient treatment of leading causes of injury, Ohio, 2013



Source: Ohio Hospital Association

*Unintentional injuries

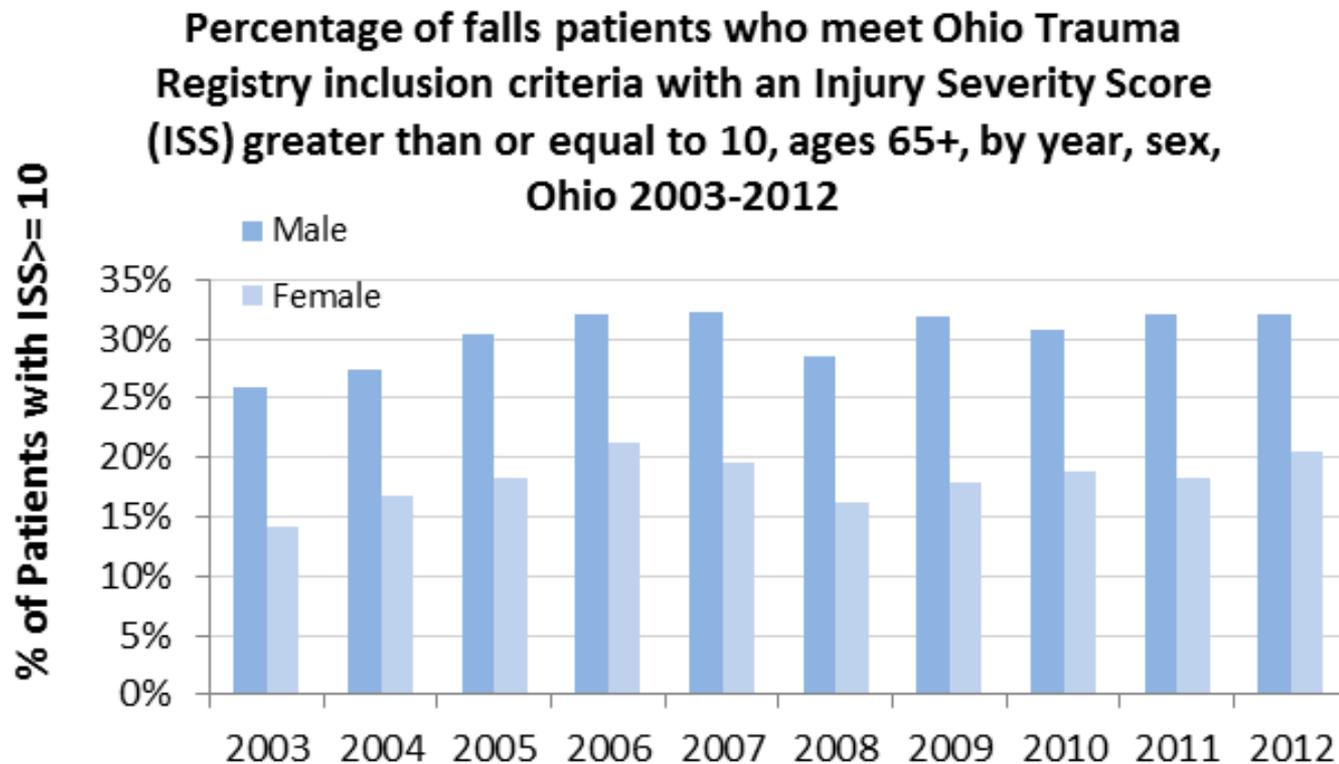


Consequences of Falls

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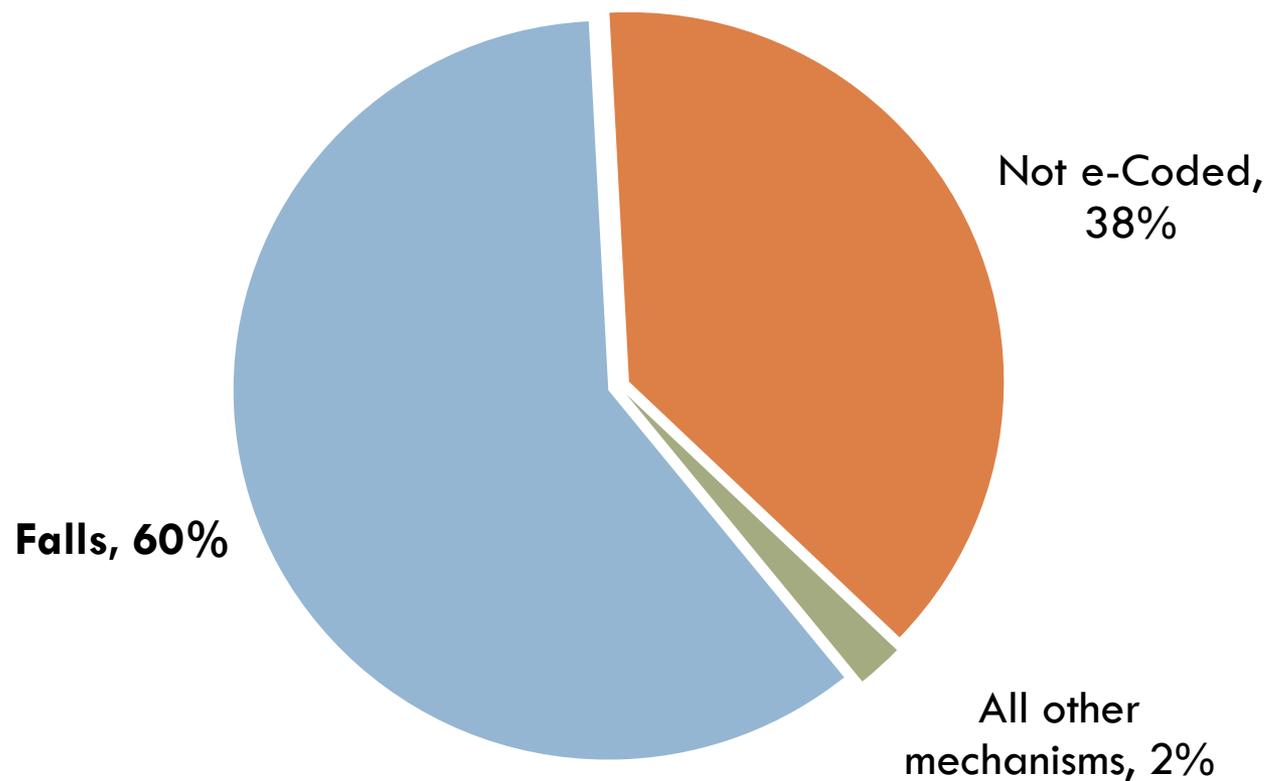
- ❑ Significant Injury and Death
- ❑ Fear of Future Falls
- ❑ Restriction of Activities/Social Isolation
- ❑ Inability to Regain Pre-fall level of Functioning
- ❑ Lack of Independence
- ❑ Depression

Falls and Injury Severity Score



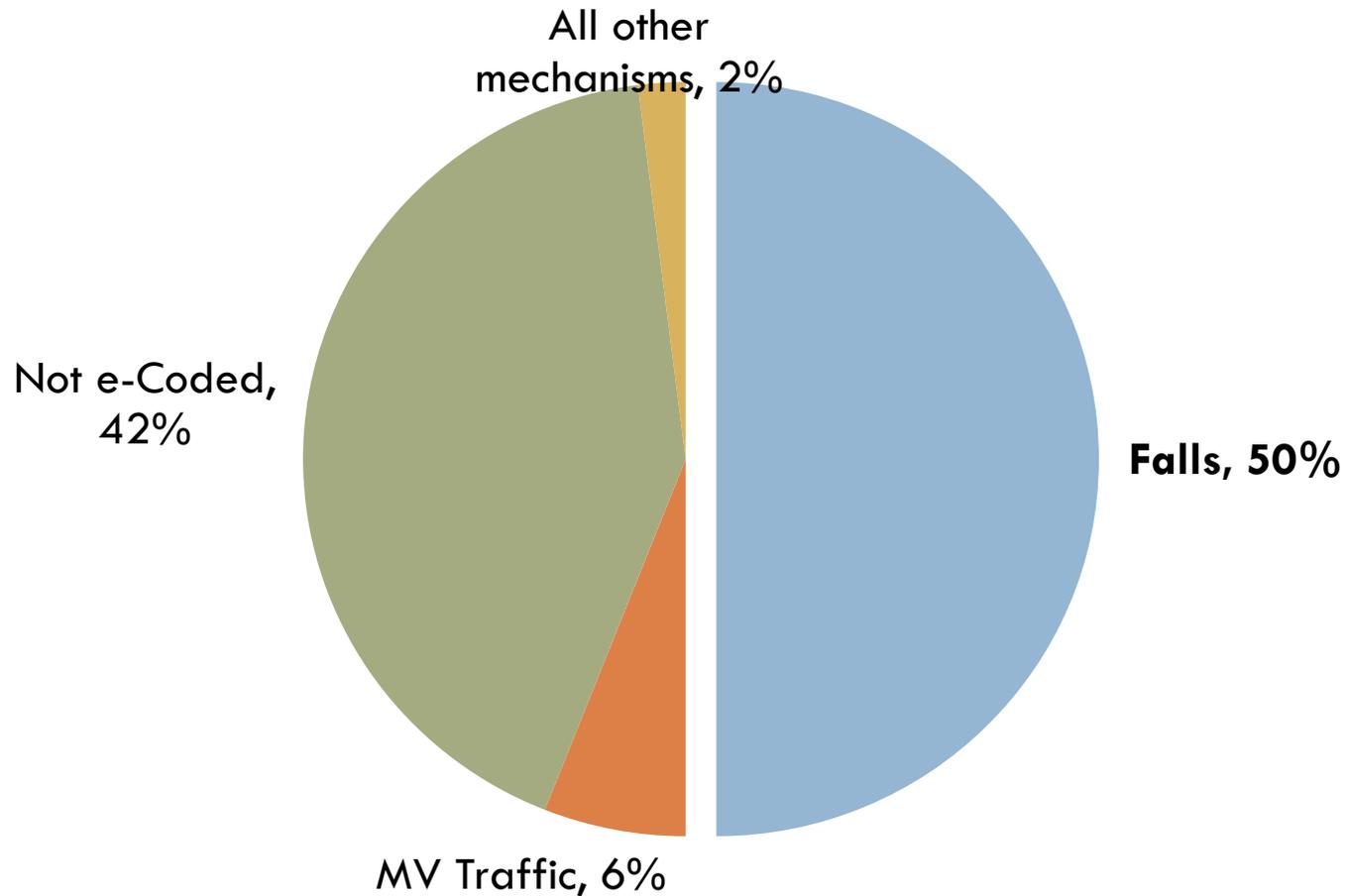
Source: Ohio Trauma Registry

Distribution of hip fracture related hospitalizations by mechanism, Ohio, 2013



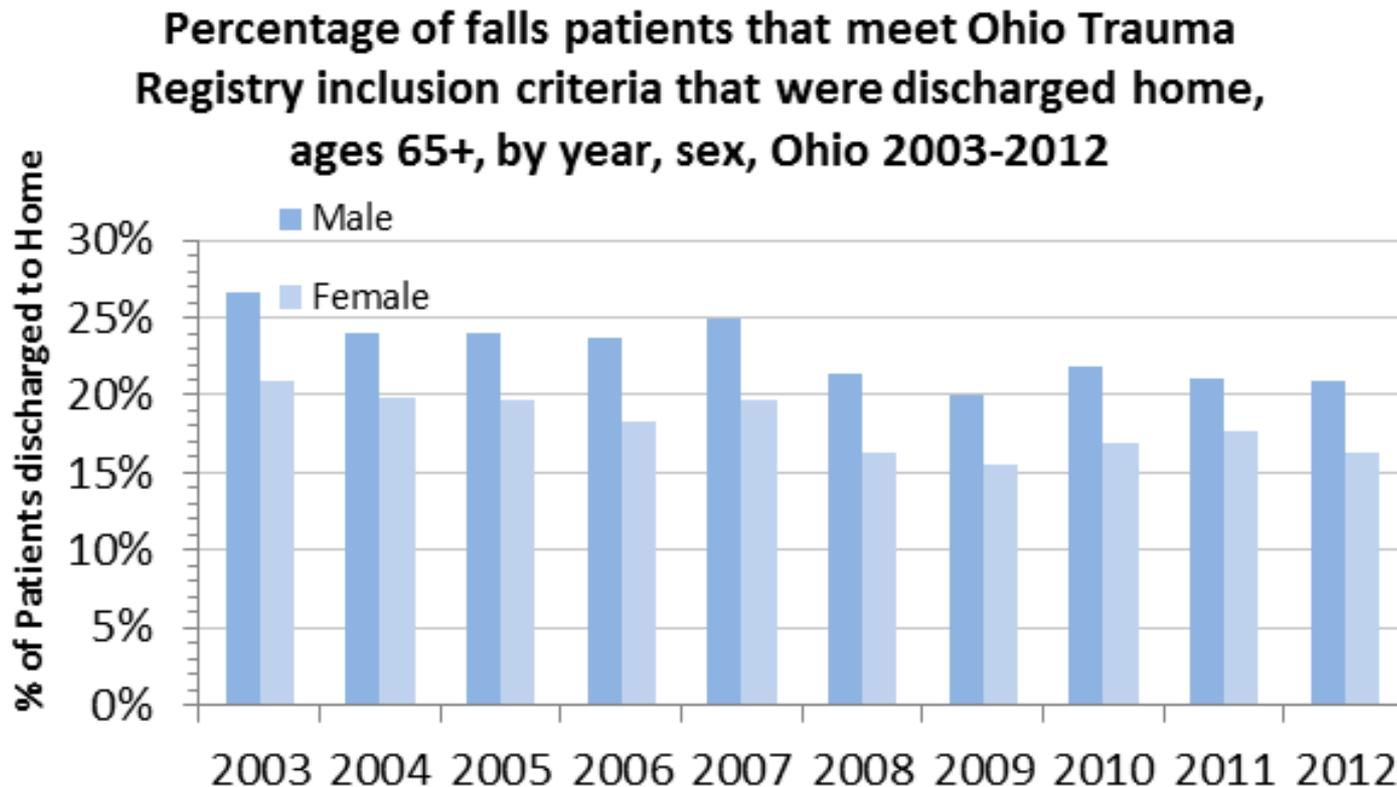
Source: Ohio Hospital Association

Distribution of traumatic brain injury related hospitalizations by mechanism, age 65+, Ohio, 2013



Source: Ohio Hospital Association

Patients at risk for falls and discharged to home



Source: Ohio Trauma Registry

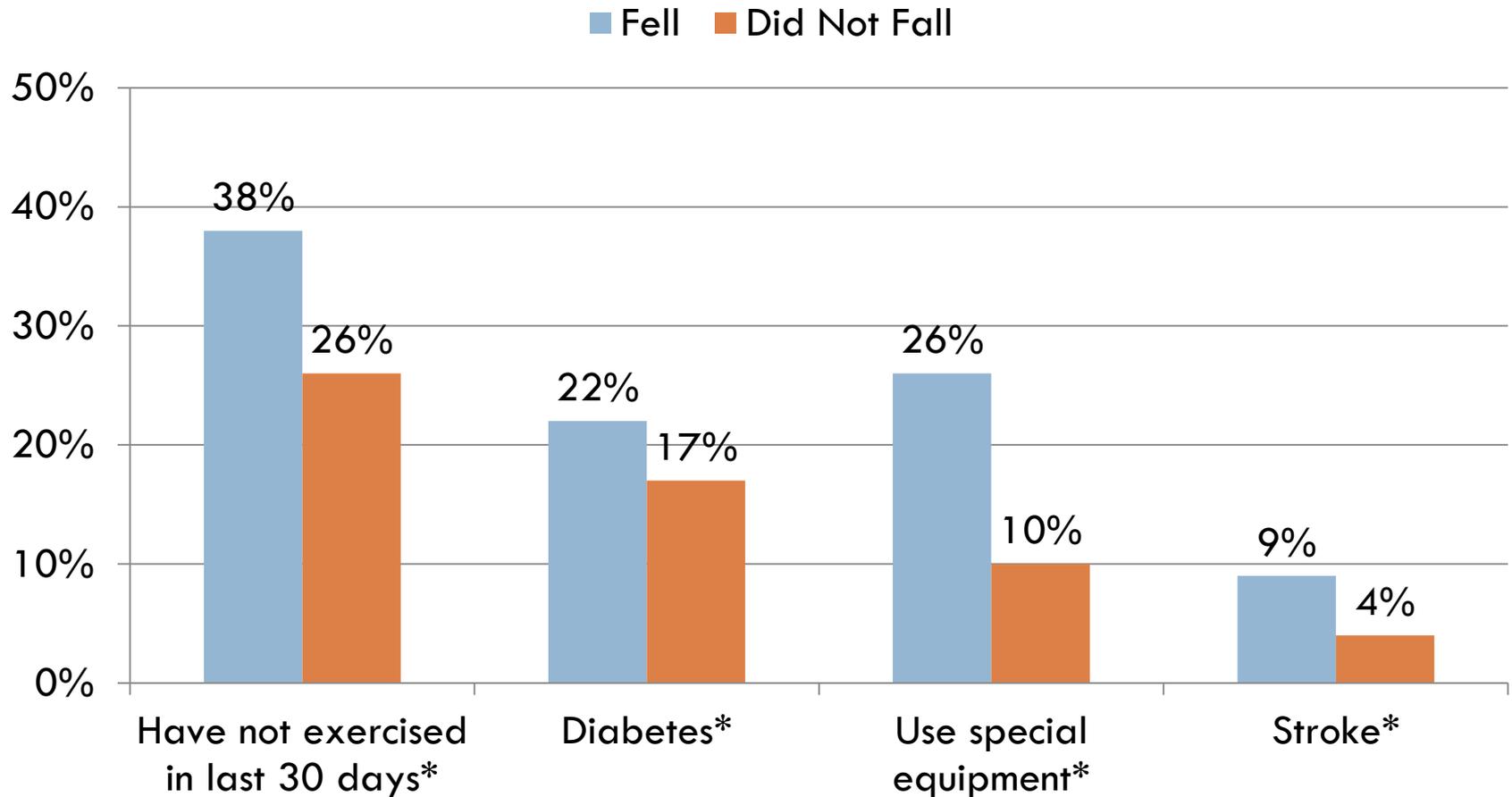


Fall Risk Factors and Chronic Conditions

Fall Risk Factors

- **Co-morbidities –**
 - Lower limb arthritis
 - Osteoporosis
 - Stroke/heart disease
 - Cancer
 - Diabetes
 - Eye diseases
 - Obesity
- Vision problems.
- Inappropriate footwear.
- Physical inactivity.
- Fear of Falling
- Impaired balance and coordination.
 - Gait instability, slow walking speed.
- Medication interactions (polypharmacy).
- Impaired cognitive function.
- Use of alcohol/other drugs.
- Hazardous home environment.
- Living alone/social isolation.
- History of previous falls.

Prevalence of chronic conditions by fall status ages 45+, Ohio, 2014



Source: Ohio Behavioral Risk Factor Surveillance System

*Statistically significant: $p < 0.05$

Ohio Population Shift

- Ohio's 65+ population is projected to increase by 100 people per day for the next 14 years.
- Due to the large and growing burden of fall-related injury in Ohio, especially among older Ohioans over 65 years, additional resources are needed at both the state and local level to implement evidence-based prevention initiatives.