Falls are the leading cause of injury among WY residents 65 years and older.

Fatal falls among adults 65+ are increasing.

Since 2004, the number of fatal falls among older adults in Wyoming has increased 150%. In 2017, 68 older adults died from a fall-related injury.

Since 2009, non-fatal fall hospitalizations have decreased; however, each year in Wyoming there are approximately 865 non-fatal fall hospitalizations among older adults.

Wyoming ranks among the top 10 states with the highest percent of adults reporting a fall and among the top 25 highest states reporting a fall-related injury.

In 2014, 31% of WY residents 45+ years reported falling at least once in the last year. That's an estimated 73,005 people.

Women are more likely to be hospitalized for a fall compared to men. Men are more likely to die from fall.

Falls disproportionately impact older adults. Older adults represent 75% of fatal falls and a similar number of non-fatal fall hospitalizations even though older adults only represent 13% of the Wyoming population.

Fall rates increase with age.

The estimated combined work loss cost and medical cost of fatal falls among older adults in Wyoming in 2015 is $9,739,000.

The average length of stay for an older adult hospitalization related to falls is 4.6 days.

Resources and References
Wyoming Inpatient Hospital Discharge Data, 2009-2015
CDC WISQARS, Fatal Injury Reports, 2004-2016
CDC WISQARS, Cost of Injury Reports, 2015
CDC, Older Adult Falls, https://www.cdc.gov/homeandrecreationalsafety/falls/index.html
Behavioral Risk Factor Surveillance System (BRFSS), 2014
Unintentional falls can be prevented.

Falls are not a normal part of aging and can be prevented. The majority of falls are caused by a combination of risk factors. The more risk factors a person has, the greater his/her chance of falling is. Learn what risk factors put you at risk for falling. Many of these factors can be modified or changed to reduce your risk of falling.

### Build your balance, strength, and flexibility.

Studies have shown older adults who complete a falls prevention course, such as Tai Chi, are less likely to fall.

### Get your vision and hearing checked annually and keep your prescriptions up-to-date.

### Always wear supportive shoes, even around the house.

### Stay connected and plan regular outings with friends and family. Don’t let a fear of falling limit your daily activities.

40% of falls causing hospitalization among Wyoming older adults happen at home.

**Stairs and Steps**
- Are any steps loose or in disrepair?
- Are hand rails installed on both sides of steps or stairs?
- Are stairs free of clutter?

**Pathways and Living Spaces**
- Are walking areas clear from clutter and tripping hazards?
- Are rug edges and floor transitions smooth?
- Is furniture arranged for easy movement?

**Lighting**
- Are all areas brightly lit?
- Are light switches accessible?
- Is there a light switch or lamp in reach of your bed?
- Are night lights used?

**Bathroom**
- Are there non-slip strips or mats installed in tubs and showers?
- Are there grab rails near tubs and showers for getting in and out safely?
- Is a bench or chair available for use in tubs and showers?

**Bedroom**
- Is your bed an appropriate height to get in and out of easily?
- Is there a place to put your glasses and walking aid within reach of your bed?

Completing a Home Safety Assessment for yourself or older adults in your community can help identify areas in the home that might be a fall risk.