

The State of the State TEXAS FACTS

preventing fall injury among aging adults

THE SCOPE OF INJURY

- > Falls are the leading cause of injury deaths among adults age 65 and older in the U.S.
- > The death rate among Texas residents aged 65 and older has been increasing since 2001 from 25.7 per 100,000 deaths to 44.2 in 2006.
- > Approximately 1.9 million older adults in the U.S. were treated in hospital emergency departments for fall-related injuries, and more than 491,500 of those were subsequently hospitalized.
- > In 2006, there were approximately 40,000 hospitalizations among adults 65 years and older in Texas.
- > Falls result in the greatest total lifetime costs among adults in the U.S. age 65 and older injured in 2000 – more than \$19 billion.
- > In 2006, the total charges as reported in hospital discharge data were \$1,310,505,093.00 for adults ages 65 years and older.



RESOURCES AVAILABLE

Texas Falls Prevention Coalition
<http://texasfpc.org/>

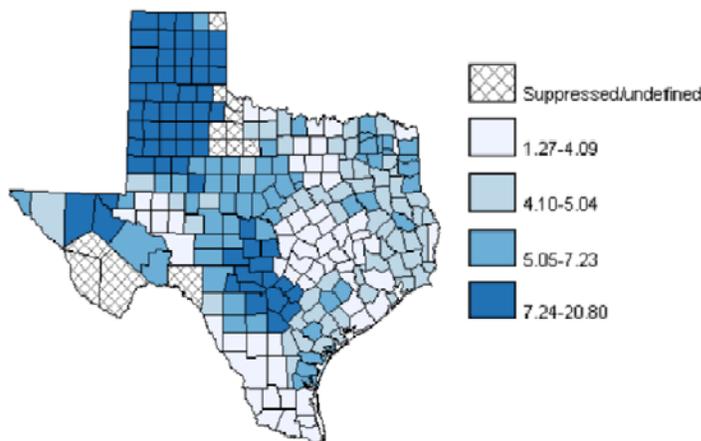
American Society on Aging
<http://www.asaging.org>

Texas Association for Home Care
<http://www.tahc.org>

FACT FACT

Among older adults, falls are the leading cause of injury deaths.

2000-2006, Texas
Smoothed Death Rates per 100,000 Population
Fall, All Intents, All Races, All Ethnicities, Both Sexes, All Ages
Annualized Crude Rate for Texas: 4.57



Reports for All Ages include those of unknown age.
* Rates based on 20 or fewer deaths may be unstable. These rates are suppressed for counties (see legend above), such rates in the file have an asterisk.
Rates appearing in this map have been geospatially smoothed.

Produced by: Office of Statistics & Programming, National Center for Injury Prevention & Control, CDC
Data Sources: NCHS National Vital Statistics System for numbers of deaths; US Census Bureau for population estimates.



Contact CDC
Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
(NCIPC)
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348
www.cdc.gov/Injury



Contact TEXAS DEPARTMENT OF STATE
HEALTH SERVICES
Environmental and Injury Epidemiology
and Toxicology Unit
(512) 458-7111
FAX: (512) 458-7666
www.dshs.state.tx.us/injury

WHAT CAN YOU DO?

To help prevent fall-related injuries:

- **EXERCISE REGULARLY**
Increase strength and improve balance
- **KNOW YOUR MEDICINE**
Speak with your doctor about possible side effects and interactions.
- **HAVE YOUR EYES CHECKED**
- **IMPROVE HOME LIGHTING**
- **REDUCE HAZARDS**
Be aware of your surroundings, and pets.