



Montana Falls Prevention Program

BURDEN FACTS

- Falls are the leading cause of both fatal and non-fatal injuries for adults aged 65+.¹
- Nearly 1 in 3 Montanans aged 65+ fall each year.²
- Falling one time doubles your chances of falling again.¹
- Over 95% of hip fractures are caused from falling.¹
- Men and women are just as likely to experience a fall, however women are more likely to sustain an injury.^{1, 2}

FALLS FACTS

- Falls threaten the safety, independence, and quality of life of older adults.
- 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.³
- Over half of falls are from tripping, slipping, or stumbling on a flat surface.¹
- The most common traumatic injuries sustained after a fall among older adults (65+) occur to the head, ribs, hip, and spine.¹

PREVENTING FALLS

- Falling is not a normal part of aging, they can be prevented.
- Stay physically active with strength and balance exercises.
- Talk with a healthcare provider to evaluate risk of falling.
- Keep your home safe by removing clutter, installing grab bars in the bathroom, and ensuring there is adequate lighting throughout the home.

FALLS PREVENTION PROGRAM CLASSES

Stepping On

- Seven-week, exercise and educational class that provides practical tips and tools to prevent falls.
- Guest experts provide information about how to prevent a fall.

Stay Active & Independent for Life (SAIL)

- Twelve-week, exercise class that focuses on strength, balance, and stretching.
- Falls prevention tips are provided during each class.

RESOURCES

Visit the [Montana Falls Prevention website](https://dphhs.mt.gov/publichealth/EMSTS/prevention/falls) for more information:
<https://dphhs.mt.gov/publichealth/EMSTS/prevention/falls>.

1. Montana Falls Prevention Program (2019). *Burden of falls among adults in Montana*. [Surveillance Report]
2. Montana Falls Prevention Program (2021). *Falls among older adults*. [Quick Stat].
3. Centers for Disease Control and Prevention (2017). *Facts about falls*.

CONTACT

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