



FALLS AMONG OLDER ADULTS IN ARKANSAS, 2006



In Arkansas, 18% of older adults have fallen within the past three months.

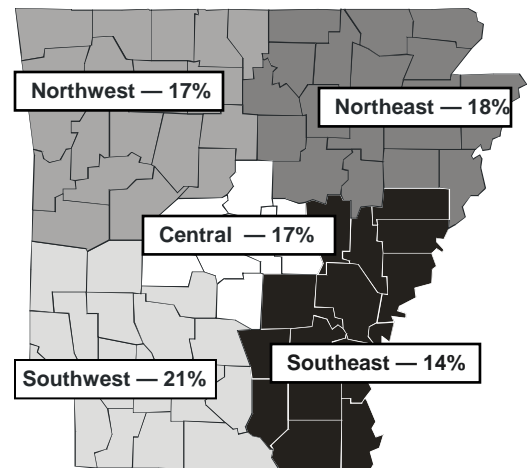
Arkansas Behavioral Risk Factor Surveillance System

THE BURDEN OF FALLS AMONG OLDER ADULTS

- ◆ Falls are the leading cause of injury deaths among older adults.
- ◆ According to the Centers for Disease Control and Prevention, older adults who experience a fall injury are more likely to be admitted to a long-term care facility.
- ◆ About 187,000 (18%) Arkansas adults age 45 and over have fallen within the past three months. Of these, 66,000 (36%) experienced a fall-related injury.
- ◆ Adults age 45 and over in Arkansas are more likely (18%) to fall in the past three months compared to U.S. adults (16%).

PUBLIC HEALTH REGION

The map to the right displays the percent of older adults who have fallen within the past three months by public health region.

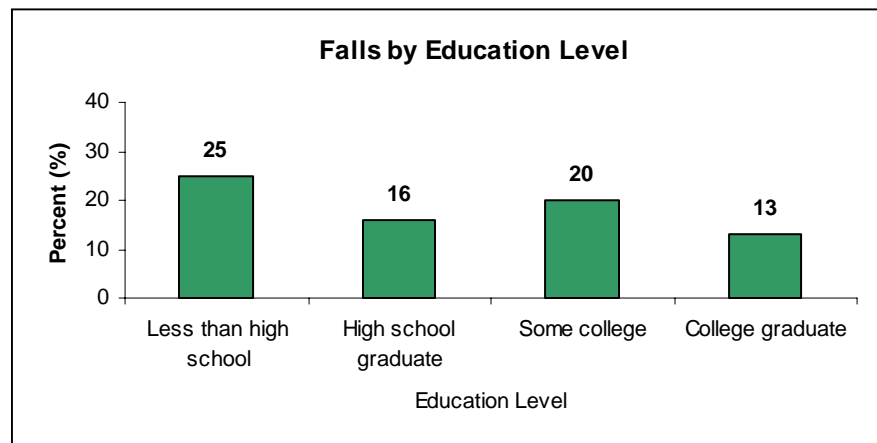


GENDER

Women (18%) are as likely as men (17%) to report falling in the past three months.

EDUCATION

The risk of falling within the past three months varies by education level, as shown in the graph below.

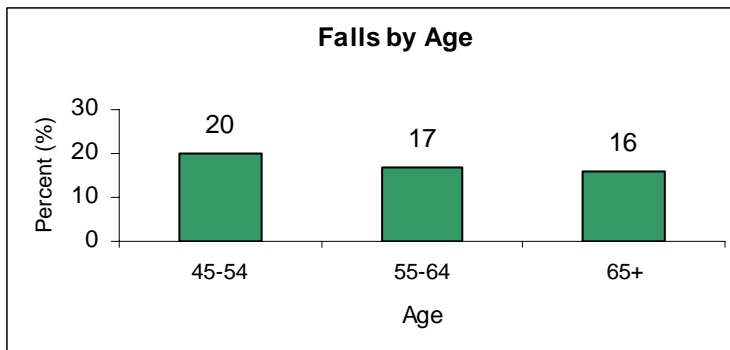


RACE/ETHNICITY

In Arkansas, African American adults (19%) are as likely as white adults (17%) to report falling within the past three months.

AGE

The percent of adults who have fallen within the past three months varies by age, as shown in the graph below.



METROPOLITAN VS. NON-METROPOLITAN*

In Arkansas, older adults living in metropolitan areas (16%) are as likely as those living in non-metropolitan areas (19%) to report falling within the past three months.

Older adults who exercise in their leisure time are less likely to fall compared to those who do not exercise.

WHAT CAN YOU DO TO PREVENT FALLS?

1. Begin a regular exercise program. Even light exercise can improve balance and coordination.
 - ◆ Older adults who exercise in their leisure time are less likely to fall (15%) compared to those who do not exercise (22%).
2. Have your doctor review your medicines. Avoid combinations that can make you sleepy or dizzy.
3. Have your vision checked. Update your glasses if needed.
4. Make your home safer. Have handrails and lighting installed where needed.

*Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.

For more information, visit <http://brfss.arkansas.gov>