

FIVE FACTS

about FALL PREVENTION

- 1 Falls accounts for over 3 million ER visits a year.
- 2 Falls are the most common cause of traumatic brain injuries.
- 3 More women will experience a slip and fall accident than men.
- 4 Balance is affected by the vestibular system, somatosensory/proprioception input, and vision.
- 5 Numerous studies have shown that strength training and balance are directly proportional to each other.



References:

1. Guirguis-Blake JM, Michael YL, Perdu LA, Coppola EL, Beil TL. Intervention to prevent falls in older adults: updated evidence report and systematic review for the US Preventive Services Task Force. *JAMA*. Published on line April 17, 2018.
2. Center for Disease Control and prevention. STEADI materials for health care providers. April 2019 <https://www.cdc.gov/steady/index.html>
3. Agency for Healthcare Research and Quality (AHRG): Preventing Falls in Hospital, Toolkit for improving Quality of Care, July 2018, Boston University School of Public Health and ECRI Institute.