

INJURIES DUE TO SENIORS' FALLS

DID YOU KNOW?

When an older person falls, it can result in loss of mobility, reduced quality of life, and in severe cases, death.

Seniors' falls† are the top injury prevention priority for BC and Northern Health.

HOSPITALIZATIONS



11/wk

Burden among Northern BC seniors:

11 hospitalizations per week due to falls (2002-2016)

The annual impact on health services of Northern BC seniors hospitalized due to falls:



593

hospitalizations



7.9

million



9,600

days in hospital

TRENDS

The most common ways that Northern BC seniors fall that result in hospitalization are:



50%

slip, trip or stumble



10%

step, stair or ladder



7%

furniture

Most Northern BC seniors falls that result in hospitalization happen at:



60%

home



11%

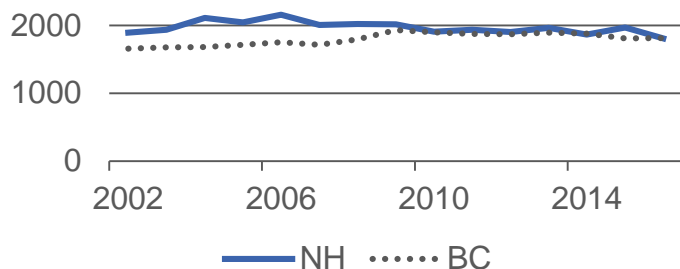
residential institution



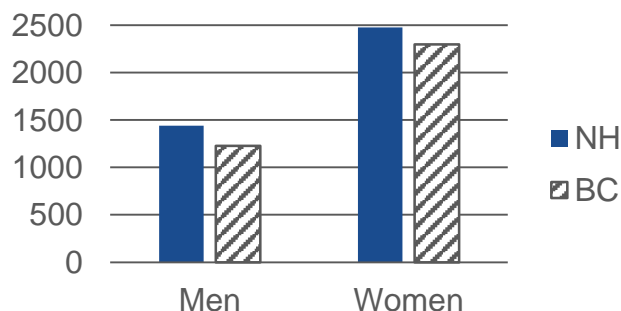
6%

school, institution, public area

Since 2010, the hospitalization rate* due to falls among Northern BC seniors has been similar to the provincial rate.



Women have a higher hospitalization rate* due to seniors' falls, compared with men.



† Seniors' falls are any fall of an adult age 65+ years in a home or community setting.

* Per 100,000 seniors (age 65+ years) per year, 2002-2016.

Note: "Northern BC seniors" refers to seniors living within the Northern Health administrative boundaries. In graphs, "NH" refers to the Northern Health administrative boundaries.

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DEATHS



Burden among Northern BC seniors:

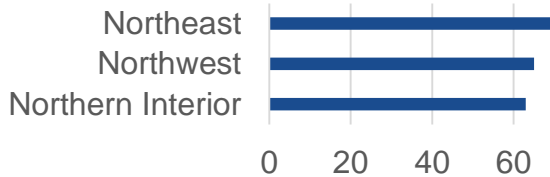
19 deaths per year due to falls (2001 - 2015)

The mortality rate* due to falls among Northern BC seniors is similar to the provincial mortality rate.



TRENDS

Seniors in the Northeast have the highest mortality rate* due to falls across Health Service Delivery Areas.



Most fatal falls among Northern BC seniors happen at:



37%
home

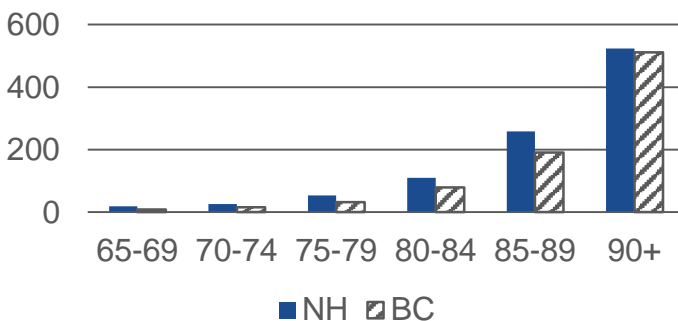


20%
residential institution

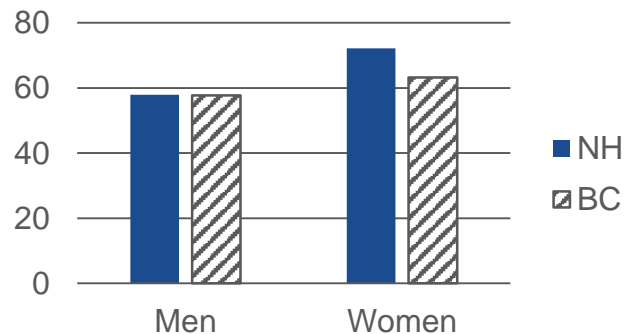


9%
school, institution, public area

The mortality rate** due to falls **increases with age.**



Women have a higher mortality rate* due to seniors' falls, compared with men.



INJURIES ARE PREVENTABLE

Talk to your primary care provider if you worry about falls for you or a family member.

Families, communities and organizations all have a part to play. Let's work together to prevent seniors' falls.

FOR MORE INFORMATION

Northern Health Injury Prevention: www.northernhealth.ca/health-information/injury-prevention

Health Link BC: www.healthlinkbc.ca/

* Per 100,000 seniors (age 65+ years) per year, 2001-2015.

** Age-specific per 100,000 per year, 2001-2015.

Data Sources: BCIRPU Injury Data Online Tool, 2018. Discharge Abstract Database (DAD), 2002-2016 (combined). Ministry of Health. BC Vital Statistics, 2001-2015 (combined), Ministry of Health.

