



Falls and Hip Fractures

See Also: [Osteoporosis](#), [Exercise and Fitness](#), [Hormone Estrogen Therapy](#), and [Home Modifications](#)

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Falls occurring among the elderly is a serious problem that may be symptomatic of untreated chronic health conditions including but not limited to Osteoporosis. Rehabilitation is especially difficult when a bone fracture occurs in the hip or pelvic structure and mobility is impaired. A fall with fracture is a frequent precursor to long term residence in a nursing home. This note includes sites with statistics, research findings and information on prevention. See the above referenced sites for health conditions frequently associated with falls and fractures among older adults.

Consumer Information

Check for Safety

(National Center for Injury Prevention and Control,
U.S. Center for Disease Prevention)

<http://www.cdc.gov/ncipc/pub-res/toolkit/checkforsafety.htm>

A Patient's Guide to Preventing Falls

(American Geriatrics Society)

http://americangeriatrics.org/news/pdf/consumer_pamphlet.pdf

Falls Prevention Guide for Seniors

(North York Coalition for Seniors)

http://www.sunnybrook.utoronto.ca/~csia/Falls&Mobility/NYCSFP_Guide.pdf

Protecting the Elderly from Falls

(National Safety Council)

<http://www.nsc.org/news/bj032902.htm>

Falls Pose a Serious Threat to the Elderly

(National Safety Council)

<http://www.nsc.org/issues/ifalls/falthreat.htm>

Falls in the Home

(National Safety Council)

<http://www.nsc.org/issues/fallstop.htm>

Tips to Help You Care for Your Elderly Parents

(National Safety Council)

<http://www.nsc.org/issues/ifalls/faltips.htm>

Preventing the Fall: Designs on Building Safe Homes for the Elderly

(National Safety Council)

<http://www.nsc.org/issues/ifalls/falfalls.htm>

Don't Let a Fall be Your Last Trip

(American Academy of Orthopedic Physicians)

http://orthoinfo.aaos.org/brochure/thr_report.cfm?Thread_ID=21&topcategory=About%20Orthopaedics&seantry=don%27t%20let%20a%20fall

Preventing Falls Among Seniors -Tips

(National Center for Injury Prevention and Control)

<http://www.cdc.gov/ncipc/duip/spotlite/falltips.htm>

Tips to Prevent Falls in the Elderly

(Wright State University)

<http://www.nursing.wright.edu/practice/falls/>

Preventing Injuries from Slips, Trips and Falls

(Center for Disease Prevention)

<http://www.cdc.gov/nasd/docs/d000001-d000100/d000006/d000006.html>

Falls in the Home

(National Agriculture Safety Database)

<http://www.cdc.gov/nasd/docs/d000101-d000200/d000131/d000131.html>

Falls Responsible for Many Injuries, Deaths

(National Agriculture Safety Database)

<http://www.cdc.gov/nasd/docs/d001501-d001600/d001556/d001556.html>

Statistics and Prevalence

American Geriatrics Society

Falls and Balance Problems

<http://americangeriatrics.org/education/forum/falling.shtml>

National Center for Disease Prevention and Health

Falls among Older Adults – Fact Book for the Year 2001-2

http://www.cdc.gov/ncipc/fact_book/15_Falls_Among_Older_Adults.htm

Falls and Hip Fractures among Older Adults

<http://www.cdc.gov/ncipc/factsheets/falls.htm>

Falls in Nursing Homes – How Serious is the Problem?

<http://www.cdc.gov/ncipc/factsheets/nursing.htm>

The Costs of Fall Injuries among Older Adults Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/fallcost.htm>

American Academy of Family Physicians

The Changing Approach to Falls in the Elderly

<http://www.aafp.org/afp/971101ap/steinweg.html>

Other Countries

Falls by the elderly in Australia Trends and data for 2001

(Flinders University)

<http://www.nisu.flinders.edu.au/pubs/reports/2001/eldfalls.php>

Prevention

National Resource Center on Aging and Injury

Preventing Falls Among Seniors

<http://www.cdc.gov/ncipc/duip/spotlite/falls.htm>

National Safety Council

National Alliance to Prevent Falls as We Age

<http://www.nsc.org/fallsalliance.htm>

National Center for Injury Prevention and Control

U.S. Fall Prevention Programs for Seniors – Selected Programs Using Home Assessment and Modification

<http://www.cdc.gov/ncipc/falls/default.htm>

Publications on Fall Prevention

<http://www.cdc.gov/ncipc/duip/spotlite/fallpub.htm>

Partnerships on Falls Prevention

<http://www.cdc.gov/ncipc/duip/spotlite/fallpart.htm>

The National Resource Center for Safe Aging

<http://www.safeaging.org/>

Other U.S. Sources

Chapter 20: Falls

(Merck Manual of Geriatrics)

http://www.merck.com/mrkshared/mm_geriatrics/sec2/ch20.jsp

Falls and Fall Prevention. Since You Care: A Series of Guides

(MetLife and National Alliance for Caregiving)

<http://www.metlife.com/WPSAssets/11908483431050333861V1FFalls and Fall Prevention 3-03.pdf>

Household Hazards Not Leading Cause of Falls by Elderly

(Doctor's Guide)

<http://www.pslgroup.com/dg/1ec9ae.htm>

The Fall Prevention Project

(Temple University)

http://www.temple.edu/older_adult/

The Elderly and Fear of Falling

(International Herald Tribune)

<http://www.iht.com/articles/88833.html>

Safe Aging

<http://www.safeaging.com/>

Other Countries

Promising Pathways – Falls Prevention Programs for Older Canadians Living in the Community - A Handbook of Best Practices

(Health Canada)

http://www.hc-sc.gc.ca/seniors-aines/pubs/best_practices/promising/pdf/PromisingPathwaysE.pdf

Research and Reference

Falls – Medline Plus

(U.S. Library of Medicine)

<http://www.nlm.nih.gov/medlineplus/falls.html>

Falls Among Older Persons and the Role of the Home: An Analysis of Cost, Incidence, and Potential Savings from Home Modification

(Public Policy Institute, AARP)

http://research.aarp.org/il/ib56_falls.html

**Association Between Falls In Elderly Women And Chronic Diseases And Drug Use:
Cross Sectional Study (September 2003)**

(British Medical Journal)

<http://bmj.bmjournals.com/cgi/content/full/327/7417/712>

Why Do the Elderly Fall?

(Locomotion Research Laboratory, Virginia Tech University)

<http://www.research.vt.edu/resmag/sc2003/whyfall.htm>

Fear of Falling: An Emerging Health Problem

(Boston University Center for Enhancement of Late Life Function)

<http://www.applied-gerontology.org/BUBrief.pdf>

Tai Chi Helps Prevent Falls in Elderly

(Massey University)

<http://masseynews.massey.ac.nz/2003/masseynews/aug/aug11/stories/taichi.html>

**Household Hazards Are not, as Commonly Believed, The Leading Cause of Falls By
the Elderly**

(Yale University)

<http://www.yale.edu/opa/newsr/00-11-30-02.all.html>

Falls in the Elderly

(University of Pittsburgh)

<http://www.pitt.edu/~kaf24/>

National Resource Center on Aging and Injury

Falls Among Older Adults ~ Summary of Research Findings

<http://www.cdc.gov/ncipc/duip/SummaryOfFalls.htm>

Assessment of Fall-Related Deaths and Hospitalizations for Hip Fractures among Older
Adults

<http://www.cdc.gov/ncipc/duip/SummaryOfFalls.htm>

BMC:01/21/04

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