Injury - Fall Related

DESCRIPTION
Globally, falls are a major public health problem. An estimated 424,000 fatal falls occur each year in the U.S. making it the second leading cause of unintentional injury death. In Minnesota between 2005 and 2015, there were an average 10,500 hospitalizations for fall-related injuries each year. While all people who fall have a risk of injury, the age, gender and health of the individual can all impact the type and severity of injury.[1]

HOW ARE WE DOING
In Minnesota, there were 115,942 hospitalizations for fall-related injuries in 2015. Ramsey County residents made 10,532 of these visits (9 percent). This was a five-year high for the county. Thirty-two percent of visits were made by adults aged 65 and older. Another 19 percent occurred with children who were nine and younger. There were 71 falls that were fatal or caused fatal injuries. Of these, 86 percent were adults aged 65 and older. Along with this, the rate of death due to falls in those age 65 and older in 2016 was 144.8 for every 100,000 population.[2] This does not meet the Healthy People goal.

BENCHMARK INDICATOR
Healthy People 2020: Prevent an increase in fall-related deaths among adults aged 65 years and older.
U.S. Target: 47 per 100,000 population.

DISPARITIES
Older people have the highest risk of death or serious injury arising from a fall and the risk increases with age. In 2015 in Ramsey County, residents aged 60 and older made up 37.5 percent of all fall-related hospitalizations and ED visits.[2] Older women and younger children are especially prone to falls and increased injury severity.[1]

RISK FACTORS
- Occupations at elevated heights or other hazardous working conditions
- Alcohol or substance use
- Unsafe environments, particularly for those with poor balance and limited vision
- Side effects of medication, physical inactivity and loss of balance, particularly among older people
- Underlying medical conditions, such as neurological, cardiac or other disabling conditions.[1]

WHAT RAMSEY COUNTY GOVERNMENT IS DOING
Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.
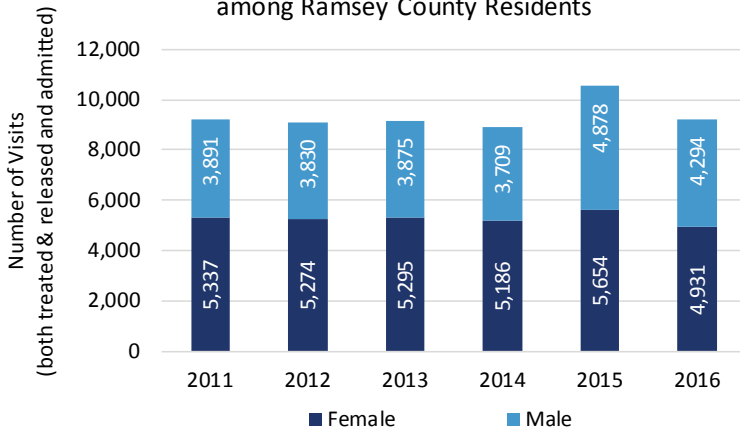
[1] Falls. World Health Organization. http://www.who.int/mediacentre/factsheets/fs344/en/. Accessed July 24, 2017.
[2] MIDAS. Minnesota Department of Health. http://www.health.state.mn.us/injury/midas/injury/index.cfm. Accessed July 24, 2017.

Fall-related Emergency Department Visits among Ramsey County Residents

Number of Visits (both treated & released and admitted)

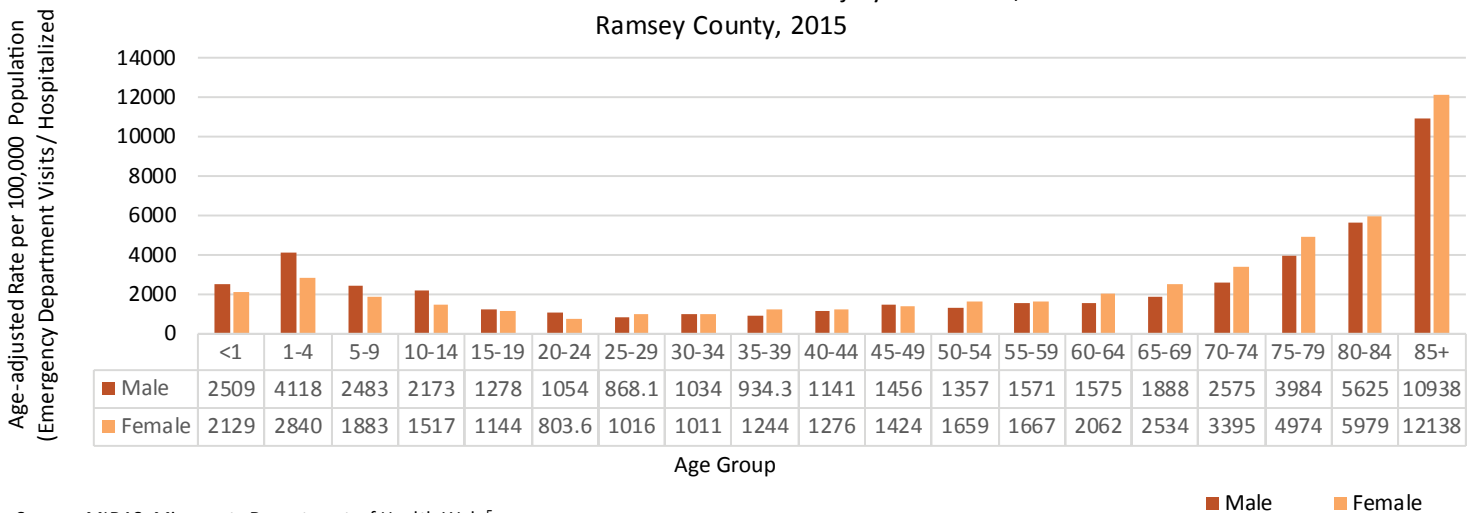|	2011	2012	2013	2014	2015	2016
Male	3,891	3,830	3,875	3,709	4,878	4,294
Female	5,337	5,274	5,295	5,186	5,654	4,931

Source: MIDAS. Minnesota Department of Health.[3]

Rate of Unintentional Fall-related Fatalities, Ramsey County, 2015

Age-adjusted Rate per 100,000 population

Age Group*	Rate
35-39	3.0
40-44	3.4
45-49	3.2
50-54	0.0
55-59	5.7
60-64	15.9
65-69	24.8
70-74	38.1
75-79	78.9
80-84	67.4
85+	303.5
Total	11.7

Healthy People 2020 Goal: 7.2
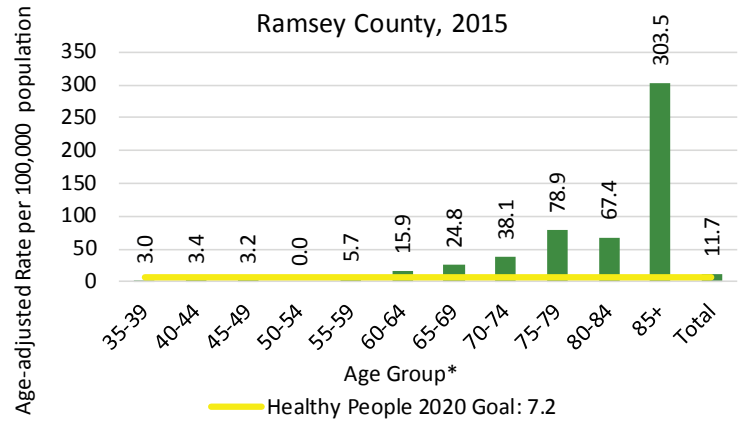
*there were no fatalities for age groups under 35-39
Source: MIDAS. Minnesota Department of Health Web Site.[4]

Rate of Unintentional Fall-related Injury and Death, Ramsey County, 2015

Age-adjusted Rate per 100,000 Population (Emergency Department Visits / Hospitalized)

Age Group	<1	1-4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Male	2509	4118	2483	2173	1278	1054	868.1	1034	934.3	1141	1456	1357	1571	1575	1888	2575	3984	5625	10938
Female	2129	2840	1883	1517	1144	803.6	1016	1011	1244	1276	1424	1659	1667	2062	2534	3395	4974	5979	12138

Source: MIDAS. Minnesota Department of Health Web.[5]

[3] MIDAS (2016) Minnesota Department of Health. Access 7/24/2017 from: http://www.health.state.mn.us/injury/midas/injury/index.cfm

[4] MIDAS. Minnesota Department of Health Web Site. http://www.health.state.mn.us/injury/midas/injury/index.cfm. Accessed July 24, 2017.

[5] MIDAS. Minnesota Department of Health Web.