

Profile of CA Falls

Prepared by Christy Nishita, Ph.D and InHee Choi, M.I.P.A.



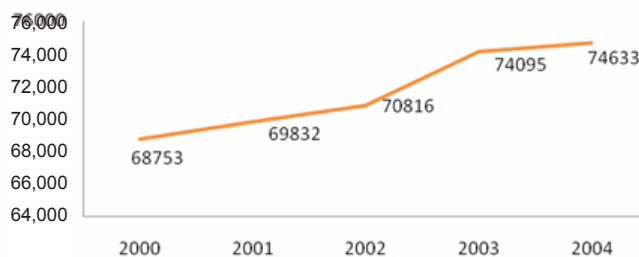
Profile of Hospitalized Fall Injuries Among Older Californians

Falls are a serious threat to the health and quality of life for California's 5 million older adults age 60 and older. Twenty to 30% of those who fall suffer moderate to severe injuries such as hip fractures. Hospitalized fall injuries have a serious impact on an older person's quality of life and independence.

But falls can be prevented if at-risk populations are identified. This fact sheet profiles hospitalized fall injuries among older Californians (60+). Note that it does not include falls in the community that do not result in a hospital admission. These data will help to identify subgroups at high risk for fall injury and therefore, appropriate populations to be targeted for fall prevention programs.

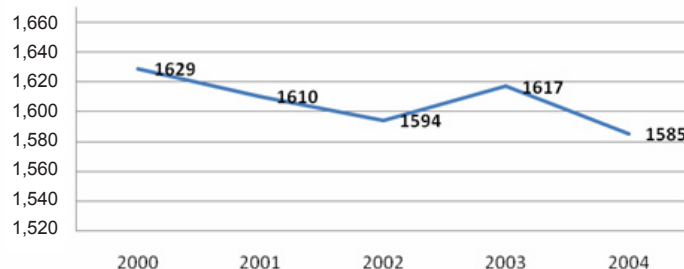
Trends in Hospitalized Fall Injuries

Figure 1. Total Number of Falls among Older Californians (60+), 2000-2004



Falls are a major public health problem for the elderly. The number of fall injuries has steadily increased from 2000 to 2004 (see Figure 1).

Figure 2. Rate of Hospitalized Fall Injuries (per 100,000 in the Population) among Older Californians (60+), 2000-2004



Although the rates of hospitalized fall injuries per 100,000 in the population have hovered around 1,600 from 2000-2004 (see Figure 2), the aging of the population will increase overall numbers dramatically.



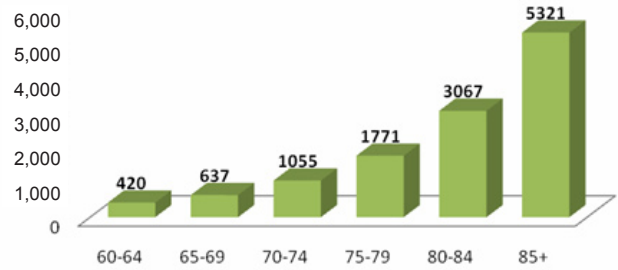
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Age and Hospitalized Fall Injuries

The rate of hospitalized fall injuries increased dramatically with age (see Figure 3). Among older Californians aged 60-64, the rate of hospitalized fall injuries was 420 per 100,000 in the population. The rate jumped dramatically to 5,321 per 100,000 among those 85 years and older.

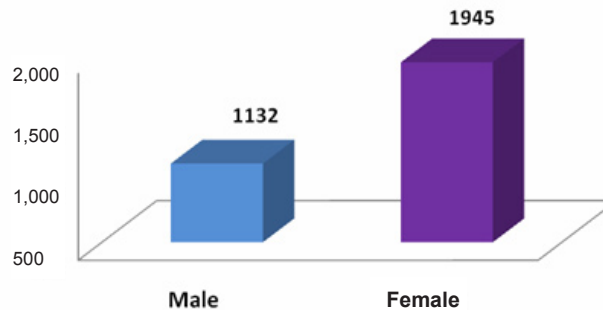
Figure 3. Rate of Hospitalized Fall Injuries (per 100,000 in the Population) by Age, 2004



Gender and Hospitalized Fall Injuries

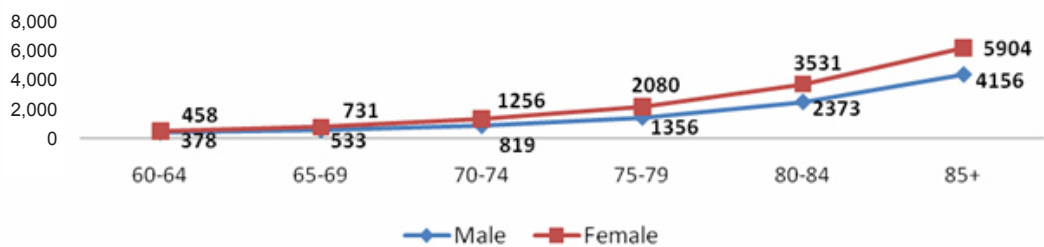
Older women in California had a higher rate of hospitalized fall injuries than older men (see Figure 4).

Figure 4. Rate of Hospitalized Fall Injuries (per 100,000 in the Population) by Gender, 2004



Fall injury rates increased by age for both men and women, but rose more rapidly among women (see Figure 5).

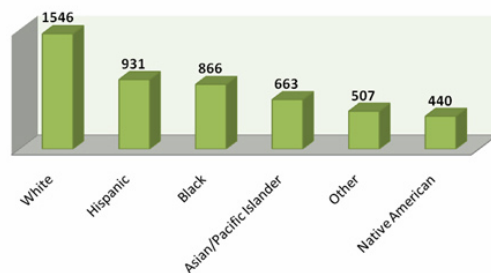
Figure 5. Rate of Hospitalized Fall Injuries (per 100,000 in the Population) by Age and Gender, 2004



Race/Ethnicity and Hospitalized Fall Injuries

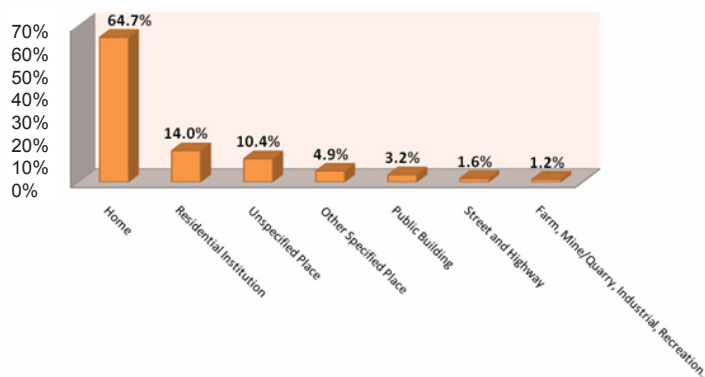
In California, older whites had the highest rate of hospitalized fall injuries (1,546 per 100,000 in the population). Older Hispanics had the next highest rate of hospitalized fall injuries (see Figure 6.)

Figure 6. Rate of Hospitalized Fall Injuries (per 100,000 in the Population) among Older Californians (60+) by Race/Ethnicity, 2000



Place of Fall

Figure 7. Place of Fall Injury among Older Californians (60+), 2004



More than 60% of hospitalized fall injuries took place in the home, and 14% took place in a residential institution (see Figure 7).

Length of Stay and Cost

Eighty percent of older Californians with a hospitalized fall injury stayed in the hospital for 7 days or less. Another 14% remained in the hospital for up to 2 weeks. The mean cost for all hospital stays was \$40,482 in 2004. Not surprisingly, costs increased dramatically by length of stay (see Figure 8).

Figure 8. Mean Cost of Hospitalization for Fall Injuries by Length of Stay among Older Californians (60+) in 2004

