

## Impact of Older Adult Falls

Unintentional falls are the leading cause of fatal and nonfatal injury among older adults in the U.S. and Indiana. During 2023, more than 89,000 fall-related injuries impacted Hoosier adults ages 65 and older, including 685 deaths (58.1 per 100,000), 13,359 hospitalizations (1,132.9 per 100,000), and 75,589 ED visits (6,410.5 per 100,000).<sup>1</sup> Hospital costs associated with injuries sustained by falls account for a substantial share of health care dollars for injury-related care. In 2023, total hospital charges for ED visits and hospitalizations related to falls totaled more than 1.7 billion dollars.<sup>2</sup>



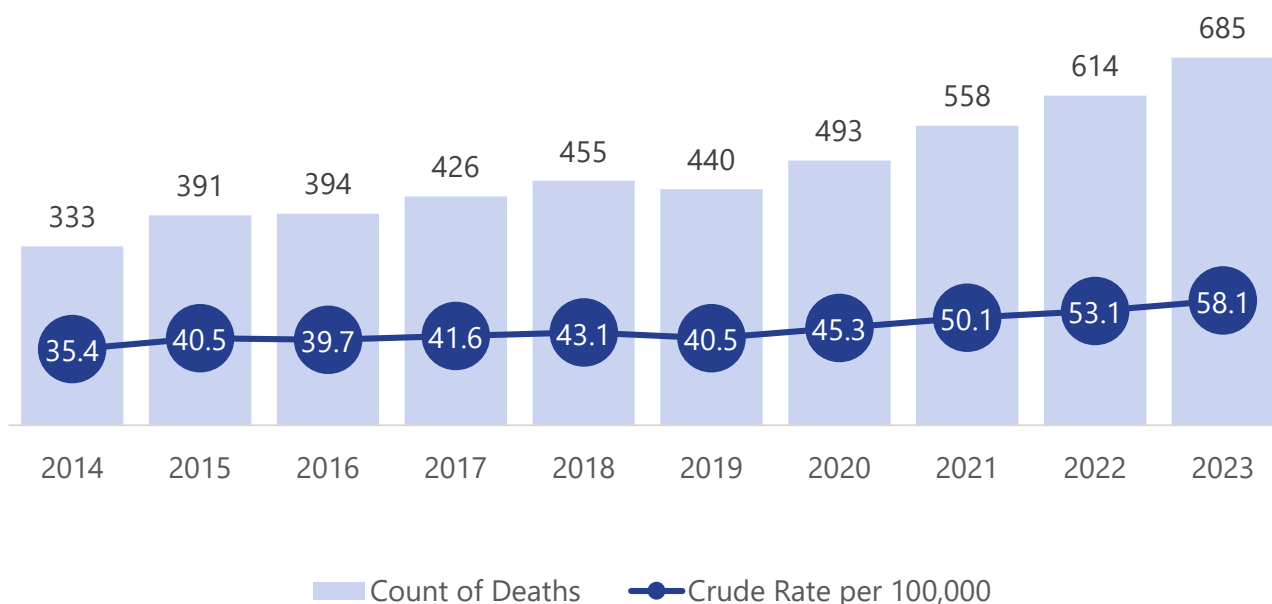
## Older adult falls in Indiana, 2023:

**685 deaths**  
**13,359 hospitalizations**  
**75,589 ED visits**

## Trends in Older Adult Fall Mortality

Deaths due to fall-related injuries have steadily increased within the last 10 years among Hoosiers ages 65 and older, with the rate of fall-related deaths increasing more than 60% between 2014 and 2023.

**Figure 1. Older adult unintentional fall deaths, Indiana, 2014-2023**



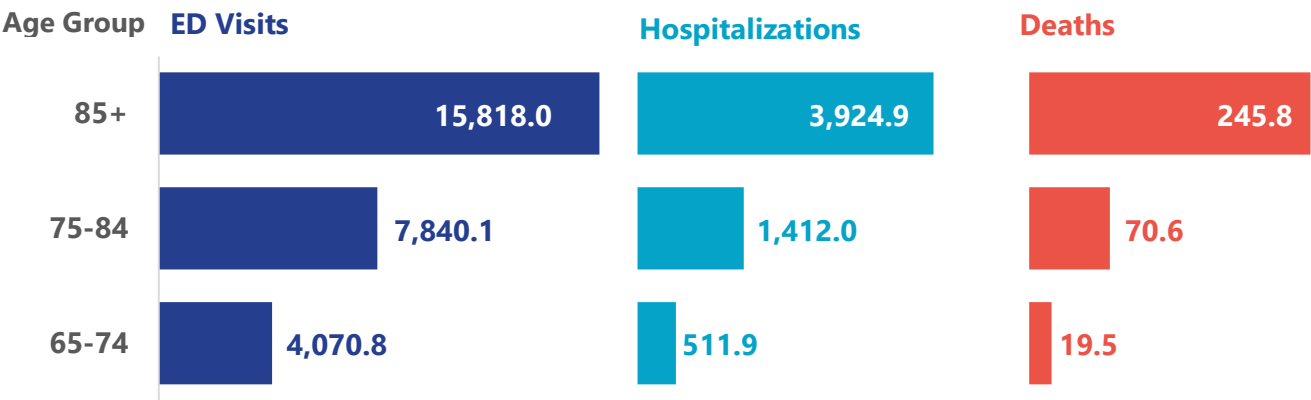
<sup>1</sup> Fall-related deaths are from Indiana vital records. Hospitalization and ED visit data are from Indiana hospital discharge data. Fall deaths, hospitalizations, and ED visits were calculated based on definitions from the Centers for Disease Control and Prevention available at: <https://stacks.cdc.gov/view/cdc/128417>.

<sup>2</sup> Cost data is calculated from total charges incurred during a hospitalization or ED visit. Total charges does not necessarily reflect the amount paid by patients for the specific treatment of fall-related injuries.

## Falls by Age Group

The risk of injury due to falls increases substantially with age. In 2023, rates of ED visits, hospitalizations, and deaths were highest among adults ages 85 and older and significantly higher among adults ages 75 to 84 compared to adults ages 65 to 74.

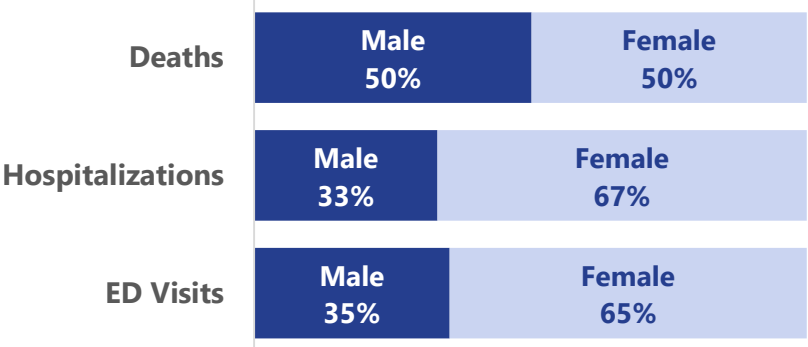
Figure 2. Rate per 100,000 of fall-related ED visits, hospitalizations, and deaths, Indiana, 2023



## Fall Injuries by Sex

In 2023, females were more likely to sustain a fall resulting in hospitalization or ED visit than males, with approximately two-thirds of fall-related ED visits and hospitalizations occurring among females. Fall-related deaths were evenly split among males and females.

Figure 3. Older adult fall deaths, hospitalizations, and ED visits by sex, Indiana, 2023



## Fall Resources

Additional information about falls and fall prevention is available at the links below:

- IDOH fall prevention resources: <https://www.in.gov/health/trauma-system/injury-prevention/falls-prevention/>
- CDC fall prevention resources: <https://www.cdc.gov/falls/about/index.html>
- Stepping On: <https://www.steppingon.com/>

