

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 2024, more than 96,000 fall-related injuries impacted Hoosier adults ages 65 and older, including 709 deaths (58.4 per 100,000), 14,420 hospitalizations (1,187.9 per 100,000), and 80,926 ED visits (6,666.6 per 100,000).¹ Hospital costs associated with injuries sustained by falls account for a substantial share of health care dollars for injury-related care. In 2024, total hospital charges for ED visits and hospitalizations related to falls totaled more than 1.8 billion dollars.²



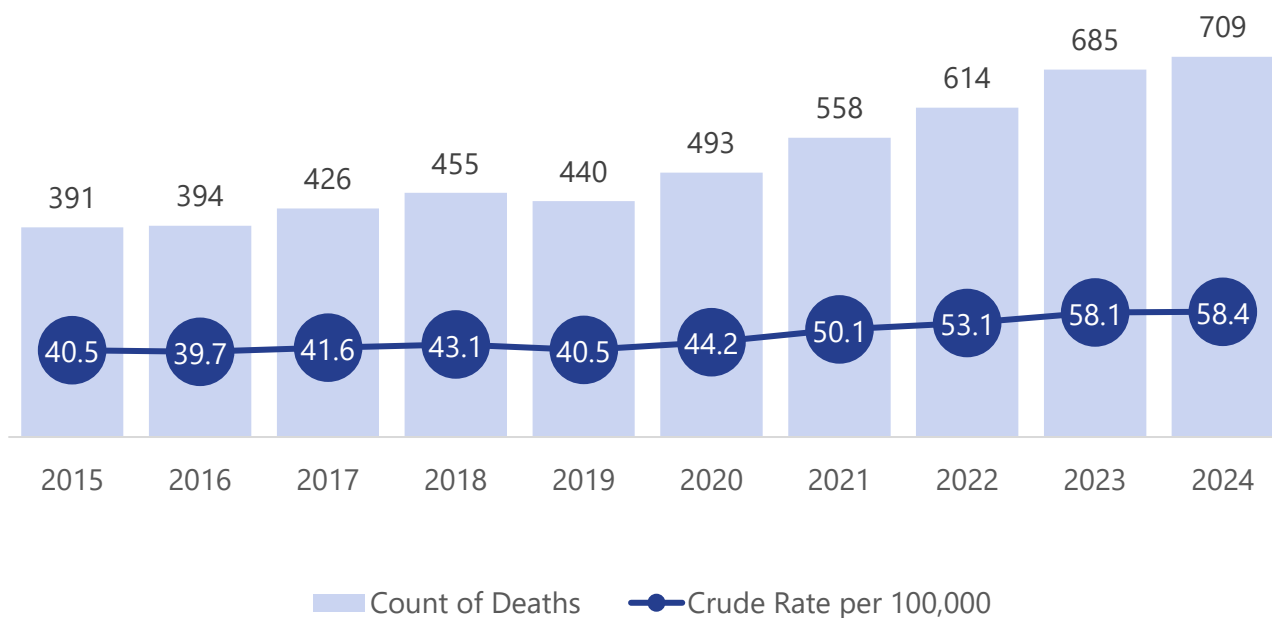
Older adult falls in Indiana, 2024:

709 deaths
14,420 hospitalizations
80,926 ED visits

Trends in Older Adult Fall Deaths

Deaths due to falls have steadily increased over the last 10 years among Hoosiers ages 65 and older. In 2024, 709 deaths (58.4 per 100,000) due to falls occurred among Hoosiers ages 65 and older – the highest annual number and rate of deaths over the last 10 years.

Figure 1. Unintentional fall deaths among adults ages 65+, Indiana, 2015-2024



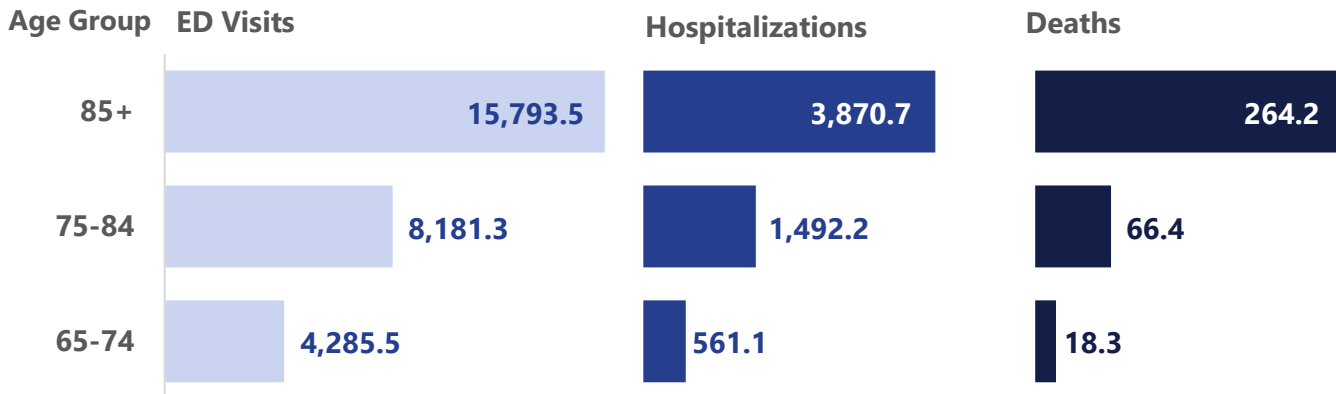
¹ Fall-related deaths are from Indiana vital records. Hospitalization and ED visit data are from Indiana hospital discharge data and include only non-fatal hospitalizations and ED visits. Fall deaths, hospitalizations, and ED visits were calculated based on definitions from the Centers for Disease Control and Prevention available at: <https://www.cdc.gov/injury-core-sipp/media/pdfs/2024/06/CORRECTED-2022-Injury-Indicator-Instructions.pdf>.

² 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 2024, rates of ED visits, hospitalizations, and deaths were highest among adults ages 85 and older and notably higher among adults ages 75 to 84 compared to adults ages 65 to 74.

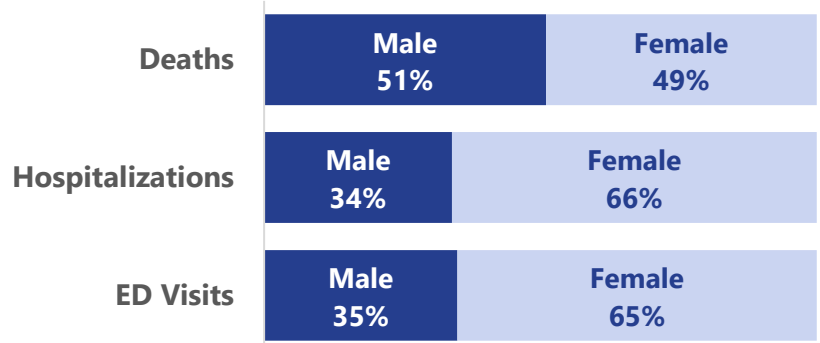
Figure 2. Rate per 100,000 of fall-related ED visits, hospitalizations, and deaths, Indiana, 2024



Fall Injuries by Sex

In 2024, 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 nearly evenly split among males and females.

Figure 3. Older adult fall deaths, hospitalizations, and ED visits by sex, Indiana, 2024



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/>

