



A MINUTE OF HEALTH WITH CDC

Staying Upright

Deaths from Falls Among Persons Aged ≥ 65 Years — United States, 2007-2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

As the U.S. population ages, more people are at risk for injuries. Falls are the largest contributor to injury-related deaths among adults 65 and older. Over a recent 10-year period, the death rate for seniors increased over 30 percent. Lower body weakness, prescription medications, and certain chronic conditions are among risk factors that can increase an older person's chances of falling. Improving mobility through regular strength and balance exercises and removing potential obstacles in the home can help decrease the risk for falls. If you or a loved one is older, talk with a health care provider about ways to decrease the risks for fall-related injuries and death.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.