Falls Prevention Programs Across the United States

Since 2014 more than **183,000** people have participated in Falls Prevention programs in the community and online. More than **15,400** workshops were hosted at over **6,600** sites throughout the country, with an average of **12** participants.

Evidence-Based Falls Prevention programs target older adults and adults with disabilities who are at risk. Among participants:

- **75 years** average age
- **70%** manage more than one chronic condition

**Top three chronic conditions:**

1. Arthritis
2. Hypertension
3. Heart Disease

- **14%** are People of Color
- **5%** are Hispanic/Latino
- **45%** live alone
- **34%** have a disability
Benefits to older adults

More than $50 billion is spent on costs related with falls each year. Evidence-based falls prevention programs help older adults adapt falls-reducing behaviors to avoid costly injuries and death.

- 52% Exercised at home
- 16% Had medications reviewed
- 36% Improved confidence in becoming more steady on their feet
- 45% Made changes to home to reduce falls risk
- 78% Reduced fear of falling as a result of the program

“This program helped me greatly! I can get out of bed without leg & hip stiffness, navigate stairs more easily, and feel better overall with more energy and ambition.” - Participant, Falls Prevention Program

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