

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