



A MINUTE OF HEALTH WITH CDC

Falls Among Older Adults

Prevalence of Falls and Fall Injuries Among Persons Aged >65 Years — United States, 2006

Recorded: March 11, 2008; posted: March 13, 2008

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

The good news is, people are living longer. The bad news is, old age still has its downside. Reflexes slow, eyesight fades, and we lose that spring in our step. As a result, walking through our homes can be like running an obstacle course. According to a recent CDC study, falls are the leading cause of injuries among people over the age of 65. Older people can reduce their chances of falling by exercising regularly, having annual eye exams, and being aware of the side effects of their medications. Conducting an inventory in each room in the house will help. If necessary, add grab bars and eliminate tripping hazards.

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