One-third of Americans aged 65+ falls each year.

One out of five falls causes a serious injury such as broken bones or a head injury.

Each year, 2.5 million older people are treated in emergency departments for fall injuries. That equates to 1 older adult every 13 seconds.

Over 734,000 patients a year are hospitalized because of a fall injury, more than 21,700 suffer fatalities.

Each year at least 250,000 older people are hospitalized for hip fractures.

More than 95% of hip fractures are caused by falling, usually by falling sideways.

Falls are the most common cause of traumatic brain injuries (TBI).

Adjusted for inflation, the direct medical costs for fall injuries are $34 billion annually. Hospital costs account for two-thirds of the total.

The financial toll for older adult falls is expected to increase as the population ages and may reach $67.7 billion by 2020.

Senior Falls Facts and Figures

The American Trauma Society, in collaboration with the Society of Trauma Nurses, is once again pleased to present National Trauma Awareness Month. This May, National Trauma Awareness Month celebrates its 28th anniversary with the campaign slogan, “Safe Steps for Seniors” and focuses on senior safety and falls. Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.