



# Fall-Free Friday

“Facts About Falls” &  
“What’s My Risk?”

September  
22nd,  
2023

10:00 A.M

AAA7  
Facebook  
Live

- More than one out of every four Americans aged 65 or older falls each year (National Council of Aging [NCOA], 2023).
- One out of five falls cause serious injury like broken bones or head injury (Center for Disease Control and Prevention [CDC], 2023).
- Falls can lead to loss of independence, depression, or loss of ability to move around (Ohio Department of Aging, n.d.)





- Falls are the second leading cause of accidental injury deaths in the world (World Health Organization [WHO], 2023).
- Some risk factors of falling are side effects of some medications, lack of exercise, and loss of balance (WHO, 2023).
- Unsafe environments increase risk of falling especially for older adults with vision problems or poor balance (WHO, 2023).
- People with mild hearing loss are almost three times as likely to fall (NCOA, 2023).

## You Can Prevent Falls!

Tune In to Fall-Free Fridays

10:00-10:15 A.M.

Starting September 22nd, 2023

