

FALLS ARE THE **LEADING** CAUSE OF INJURIES AMONGST SENIORS

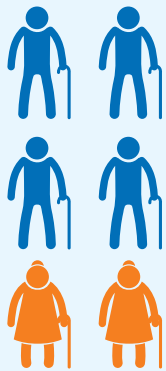
There were over 2,600 fall-related hospital admissions in 2013.



42% OF ALL SENIORS ADMITTED TO HOSPITAL DUE TO A FALL HAVE HAD A HIP FRACTURE



ON AVERAGE, **ONE SENIOR WILL DIE** EVERY OTHER DAY AS A RESULT OF A **FALL**



EACH DAY IN **NOVA SCOTIA**, THERE ARE **6 FALL-RELATED** HOSPITAL ADMISSIONS
WOMEN ARE 2X MORE LIKELY TO BE ADMITTED TO HOSPITAL DUE TO A FALL

FALLS **COST** NOVA SCOTIA OVER **\$107 MILLION** EVERY YEAR IN HOSPITAL ADMISSIONS AND EMERGENCY DEPARTMENT VISITS



COST OF A FALL, PER CAPITA:

AGED >65: **\$717**
AGED <65: **\$172**



Find out what actions you can take to prevent falls and stay independent.
finding-balance.ca

Finding Balance used under license from the Injury Prevention Centre, University of Alberta.

© Copyright 2016 - Nova Scotia Health Authority.