



Fall Prevention Month Fact Bank

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Canada-Wide Data

Older Adults

Additional sources of data:

- 2016/2017, [Canadian Institute of Health Information](#)
- 2010, Public Health Agency of Canada- [Older adults' Falls in Canada, second report](#)
- 2010, Parachute, Public Health Agency of Canada - [Cost of Injury in Canada](#)

Canadian Statistics (Older Adults – age 65+)	Source
<ul style="list-style-type: none">○ Unintentional fall-related injuries among children and youth are associated with risk factors that are different from those that are present in falls among adults.○ Majority of injuries resulting from a fall were broken or fractured bones (35%), sprains or strains (30%), and scrapes, bruises or blisters (19%).○ Within 48 hours of their fall-related injury, 67% of individuals sought treatment in an emergency room.○ Men and women both had increasing rates of fall-related hospitalization with age, but females appeared to have an increased rate of falls with age as compared to males.○ Older adults who were hospitalized because of a fall spent approximately three weeks in hospital, three times more than the average hospital stay in Canada among all ages. Half of the falls that led to hospitalizations occurred in the home.○ Falls are the leading cause of injury-related hospitalizations among Canadian older adults: 20-30% of older adults fall each year.○ Falls are the cause of 95% of all hip fractures among older adults.	2010, Older adults Fall in Canada: Second Report (Government of Canada) https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html#s2-1
<ul style="list-style-type: none">○ Falls are the leading cause of injury for older adults across Canada, accounting for over 85% of all injury-related hospitalizations.○ Half of all fall-related hospitalizations occurred as a result of falls in the home. The remaining majority of fall-related hospitalizations occurred as a result of falls in residential institutions, schools, and public areas.○ The incidence of falls among older adults is set to increase given Canada's aging population.	1995 – 2014, Preventing Falls: From Evidence to Improvement in Canadian Health Care https://www.patientsafetyinstitute.ca/en/toolsResources/Documents/Interventions/Reducing%20Falls%20and%20Injury%20from%20Falls/FallsJointReport_2014_EN.pdf

*This document is updated regularly but we do not own the content referenced. We recommend you check the source for updated data.



Young Children

Additional sources of data:

- 2007 – 2009, Canadian Paediatric Society- [Child and youth injury prevention: A public health approach](#)
- 2009 – 2011, Parachute – [Child injury prevention](#)
- Parachute – [Cost of Injury in Canada](#)

Canadian Statistics (Children)	Source
○ Falls are the leading cause for hospital admissions from injuries for children ages 0 to 9. ○ 2516 children ages 0 to 4 and 2402 children ages 5 to 9 were admitted to hospital as a result of a fall.	2010-2011, Parachute http://www.parachutecanada.org/child-injury-prevention/item/fall-prevention
○ More than 20,000 children are seen in emergency departments across Canada with injuries that occurred at home every year.	2016, Parachute http://www.parachutecanada.org/injury-topics/topic/C13
○ Falls are the leading cause of injury-related emergency room visits in Canada.	2015, Parachute http://www.parachutecanada.org/downloads/research/Cost_of_Injury-2015.pdf
○ While most falls in children do not result in serious injury, nearly 5,000 children ages 0 to 9 years were admitted to a hospital.	2015, Parachute http://www.parachutecanada.org/injury-topics/topic/C20



Ontario Data

Older Adults

Additional sources of data:

- 2017 – 2018, [Canadian Institute of Health Information](#)
- 2003 – 2017, [Public Health Ontario Snapshots](#)
- 2015, Parachute- [Cost of Injury in Canada](#)

Ontario Statistics (Older Adults ages 65+)	Source
<ul style="list-style-type: none">○ Between 20% and 30% of older adults fall each year, making fall-related injuries a serious public health concern.	http://www.phac-aspc.gc.ca/seniorsaines/publications/public/injury-blessure/seniors_falls-chutesaines/assets/pdf/seniors_falls-chutesaines-eng.pdf
<ul style="list-style-type: none">○ In 2017, there were approximately 135,000 emergency department visits for fall-related injuries for individuals aged 65-79, and nearly 149,000 emergency department visits for individuals aged 80 and above.	http://www.oninjuryresources.ca/downloads/publications/OIDR_2018.pdf https://www.closingthegap.ca/guides/how-to-prevent-falls-a-complete-fall-prevention-guide-for-seniors-and-caregivers/
<ul style="list-style-type: none">○ Preventable injury is the leading cause of death for Canadians 1 to 44 years of age.○ Falls was the single highest contributor of emergency room visits and causes of injury across all age groups.○ Older adults over the age of 80 experienced most fall-related injuries resulting in emergency room visits.○ In the five-year period between 2008-2012:<ul style="list-style-type: none">○ Falls contributed to the highest number of deaths across all age groups.○ Falls in older adults over 80 was the single highest cause of death across the different age groups.	http://www.oninjuryresources.ca/downloads/publications/OIDR_2018.pdf



Quebec Data

Older Adults

Additional sources of data:

- 1996 – 2019, Canadian Institute of Health Information- [an in depth look at the Quebec Health Care System](#)
- 2015, Parachute- [Cost of Injury in Canada](#)

Quebec Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ In 2010, injuries cost the province of Quebec \$5.7 billion and 3,440 lives. Falls accounted for \$1.9 billion of those costs.○ During 2010, over 53,000 individuals were hospitalized due to injury and approximately 800,000 emergency room visits were injury-related.○ Injury also led to 12,600 cases of permanent partial disability, and 1,012 instances of permanent total disability.○ 43 deaths due to injury occurred for every 100,000 Quebecers.○ Injury also cost the province an estimated 1,212 years of potential life per 100,000 residents and came with a per capita cost of \$715.○ Unintentional injuries were the reason for 90% of injury-related hospitalizations, 96% of emergency room visits and 90% of injuries causing permanent partial or total disability	Parachute Cost of Injury in Canada http://www.parachutecanada.org/downloads/research/Cost_of_Injury-2015.pdf



Atlantic Canada Data

Older Adults

Note: Atlantic Canada includes, NS, PEI, NB, NL

Additional sources of data:

- [New Brunswick Trauma Program](#)
- 1996 – 2019, Canadian Institute of Health Information- [an in depth look at the New Brunswick Health Care System](#)
- 1996 – 2019, Canadian Institute of Health Information- [an in depth look at the Newfoundland and Labrador Health Care System](#)
- 1996 – 2019, Canadian Institute of Health Information- [an in depth look at the Nova Scotia Health Care System](#)
- 1996 – 2019, Canadian Institute of Health Information- [an in depth look at the Prince Edward Island Health Care System](#)
- 2015, Parachute- [Cost of Injury in Canada](#)

Atlantic Canada Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ During 2007-2008, the fall-related hospitalization rate for older adults was 13 per 1,000 for Nova Scotia.○ During 2007-2008 in Atlantic Canada, 43% of fall-related hospitalizations among older adults involved a hip fracture.○ During 2007–2008 in Atlantic Canada, approximately 60% of older adults with fall-related hospitalizations fell at home.	https://secure.cihi.ca/free_products/falls_among_seniors_atlantic_canada_aib_en.pdf



Young Children

Additional sources of data:

- 2015, Parachute [Cost of Injury in Canada](#)
- 2014, [Child Safety Link](#)

Atlantic Canada Statistics (Children)	Source
<ul style="list-style-type: none">○ Falls are the leading cause of injury hospitalizations for Atlantic Canadian children and youth (not including sport-related or playground falls).○ In Atlantic Canada, there are approximately 426 fall-related hospitalizations per year. 25% of those falls are head injuries.	Children Fall-Related injuries in Atlantic Canada https://childsaferlink.ca/wp-content/uploads/2018/10/Childrens-Falls-7.pdf



Alberta Data

Older Adults

Additional sources of data:

- 2018, Alberta's [Injury Prevention Centre](#)
- 2019, [Finding Balance Alberta](#)
- 2015, Parachute – [Cost of Injury in Canada](#)

Alberta Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ 1 out of 3 Albertans over 65 will fall at least once a year.○ 95% of all hip fractures are a direct result of falling.	Public Health Agency of Canada. Older adults' Falls in Canada: Second Report. 2014 https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html Secondary: https://www.centre4activeliving.ca/news/2018/12/findings-balance/
<ul style="list-style-type: none">○ 1 out of 2 Albertans over 80 will fall at least once a year	https://leducphysio.ca/falls-are-not-a-part-of-aging/
<ul style="list-style-type: none">○ 40% of all nursing home admissions are a direct result of falling	Public Health Agency of Canada. (2005). Report on Older adults' falls in Canada. Ottawa, ON: Public Health Agency of Canada, Division of Aging and Older adults. http://www.phac-aspc.gc.ca/seniorsaines/pubs/seniors_falls/index.htm Secondary: http://www.ohpe.ca/node/9659
<ul style="list-style-type: none">○ 86 fall-related emergency room visits each day and 24 fall-related hospital admissions each day○ There were about 9,000 fall-related hospital admissions in 2016	https://findingbalancealberta.ca/wp-content/uploads/2018-FB-Data-Infographic.pdf (unpublished data)

*This document is updated regularly but we do not own the content referenced. We recommend you check the source for updated data.



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| ○ The average length of stay in hospital due to a fall is 3 weeks | |
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Manitoba Data

Older Adults

Additional sources of data:

- 2000 – 2013 [Winnipeg Regional Health Authority](#)
- 2000 – 2010 <https://preventfalls.ca/>
- 2015, Parachute – [Cost of Injury in Canada](#)

Manitoba Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ Almost 66% or 42,377 falls required hospitalization for those 65 years of age and older.	Fall Facts – Government of Manitoba https://www.gov.mb.ca/health/hep/injury/falls.html

Manitoba Statistics (All Ages)	Source
<ul style="list-style-type: none">○ In Manitoba, falls are the leading cause of injury-related hospitalizations and deaths.○ Between 2000 and 2012, there were 1,949 deaths due to falls in Manitoba and 64,408 fall-related hospitalizations.○ In 2013/14, 188 individuals died due to a fall which amount to a total of 586 of potential years of life lost or 3.1 years of life lost per individual.○ The average length of a hospital stay due to a fall-related injury is 20 days.○ In 2010, almost one-third of Manitoba's \$1.2 billion spending on injury was incurred due to fall-related injuries with \$265 million spent on direct health care costs.	Fall Facts – Government of Manitoba https://www.gov.mb.ca/health/hep/injury/falls.html



Young Children

Manitoba Statistics (Ages 0-14)	Source
<ul style="list-style-type: none">○ Falls are the number one reason for hospitalization for children ages 0 to 14 with 3,527 in-patient hospitalizations from 2000 to 2012.	Fall Facts – Government of Manitoba https://www.gov.mb.ca/health/hep/injury/falls.html



British Columbia Data

Older Adults

Additional sources of data:

- 2018, [British Columbia Injury Research and Prevention Unit](#)
- 2017, [Finding Balance BC](#)
- 2015, Parachute – [Cost of Injury in Canada](#)

British Columbia Older Adults	Source
<ul style="list-style-type: none">○ One in three British Columbians over the age of 65 will fall once every year.○ Falls are the main reason why older adults lose their independence.	Government of British Columbia – Older adults' Fall Prevention https://www2.gov.bc.ca/gov/content/health/managing-your-health/injury-prevention/seniors-fall-prevention
<ul style="list-style-type: none">○ In 2013/14, falls were the primary contributing cause for 14,940 acute hospitalizations among BC residents ages 65+.	Discharge Abstract Database (DAD), Ministry of Health, BCIRPU Injury Data Online Tool, 2016. Secondary: https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/#fn-6951-6
<ul style="list-style-type: none">○ In 2010, direct and indirect costs for fall-related injuries among those aged 65 and older was \$485 million.	Rajabali F, Ibrahimova A, Barnett B, Pike I. (2015). Economic Burden of Injury in British Columbia. BC Injury Research and Prevention Unit: Vancouver, BC. Secondary: https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/
<ul style="list-style-type: none">○ Each year, more than 200,000 BC older adults will experience one or more falls, resulting in more than 10,000 hospitalizations and more than 800 direct and indirect deaths.	BC Ministry of Health. (2006). The evolution of seniors' falls prevention in British Columbia. BC Ministry of Health: Victoria, BC. Secondary: https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/