



Fall Prevention Month – Fact Bank

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Global Data

Source:

James, S. L., Lucchesi, L. R., Bisignano, C., Castle, C. D., Dingels, Z. V., Fox, J. T., . . . Murray, C. J. (2020). The global burden of falls: Global, regional and national estimates of morbidity and mortality from the Global Burden of Disease Study 2017. *Injury Prevention*. doi:10.1136/injuryprev-2019-043286

ABSTRACT:

Background: Falls can lead to severe health loss including death. Past research has shown that falls are an important cause of death and disability worldwide. The Global Burden of Disease Study 2017 (GBD 2017) provides a comprehensive assessment of morbidity and mortality from falls.

Methods Estimates for mortality, years of life lost (YLLs), incidence, prevalence, years lived with disability (YLDs) and disability-adjusted life years (DALYs) were produced for 195 countries and territories from 1990 to 2017 for all ages using the GBD 2017 framework. Distributions of the bodily injury (eg, hip fracture) were estimated using hospital records.

Results Globally, the age-standardised incidence of falls was 2238 (1990–2532) per 100 000 in 2017, representing a decline of 3.7% (7.4 to 0.3) from 1990 to 2017. Age-standardised prevalence was 5186 (4622– 5849) per 100 000 in 2017, representing a decline of 6.5% (7.6 to 5.4) from 1990 to 2017. Age-standardised mortality rate was 9.2 (8.5–9.8) per 100 000 which equated to 695 771 (644 927–741 720) deaths in 2017. Globally, falls resulted in 16 688 088 (15 101 897–17 636 830) YLLs, 19 252 699 (13 725 429–26 140 433) YLDs and 35 940 787 (30 185 695–42 903 289) DALYs across all ages. The most common injury sustained by fall victims is fracture of patella, tibia or fibula, or ankle. Globally, age-specific YLD rates increased with age.

Conclusions: This study shows that the burden of falls is substantial. Investing in further research, fall prevention strategies and access to care is critical.

LINK:

<https://injuryprevention.bmj.com/content/injuryprev/early/2020/01/14/injuryprev-2019-043286.full.pdf>

Canada-Wide Data

Older Adults

Additional source of data:

- 2016, [Falls and fall prevention among older adult indigenous people of Australia, Canada, New Zealand and the United States: A systematic review](#)
- Parachute. (2021). [Potential Lost, Potential for Change: The Cost Of Injury In Canada 2021](#). www.parachute.ca/costofinjury

Canadian Statistics (Older Adults – age 65+)	Source
<ul style="list-style-type: none"> ○ In 2018, there were approximately 424,609 emergency department visits for fall-related injuries for individuals aged 65+. Of these, 132,112 of which were for individuals aged 85 and above. ○ In 2018, falls among adults aged 65+ resulted in 4,849 deaths, 94,529 hospitalizations and 28,310 disabilities. ○ Falls were the leading cause of injury deaths, and hospitalizations, emergency department visits and disability for individuals aged 65+ across all age groups. ○ Those aged 85 and older have the highest fall injury rate across all injury outcomes (deaths, hospitalizations, ED visits, disabilities). 	<p>Parachute. (2021). Potential Lost, Potential for Change: The Cost of Injury in Canada 2021.</p> <p>https://parachute.ca/en/professional-resource/cost-of-injury-in-canada/costofinjury</p>
<ul style="list-style-type: none"> ○ Falls were the leading cause of hospitalization in every age group for unintentional injury-related hospitalizations. ○ Across the lifespan, the rate of hospitalization associated with falls increased sharply among those aged 65 years and over, jumping to 4 times and then 16 times as much as 45–64 year olds. 	<p>Public Health Agency of Canada. (2020). At-a-glance – Injury hospitalizations in Canada 2018/19.</p> <p>https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-40-no-9-2020/injury-hospitalizations-canada-2018-2019.html</p>
<ul style="list-style-type: none"> ○ Falls are the leading cause of injury for older adults across Canada, accounting for over 81% of all injury-related hospitalizations. 	<p>CIHI. (2019). Slips, trips and falls: Our newest data reveals</p>

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<ul style="list-style-type: none"> ○ 4 out of 5 injury hospitalizations involving seniors were because of a fall. 	<p>causes of injury hospitalizations and ER visits in Canada.</p> <p>https://www.cihi.ca/en/slips-trips-and-falls-our-newest-data-reveals-causes-of-injury-hospitalizations-and-er-visits-in</p>
<ul style="list-style-type: none"> ○ The increasing rate of falls found with advancing age starts in earlier ages among Indigenous people compared to non-Indigenous older adults. 	<p>Peel. (2011). Epidemiology of falls in older age.</p> <p>https://pubmed.ncbi.nlm.nih.gov/21401978/</p>
<ul style="list-style-type: none"> ○ Majority of injuries resulting from a fall were broken or fractured bones (35%), sprains or strains (30%), and scrapes, bruises or blisters (19%). ○ Older adults who reported that they sought medical treatment within 48 hours after an injury related to a fall were most likely to seek treatment in an emergency room (67%). ○ Men and women both had increasing rates of fall-related hospitalization with age, but females appeared to have an increased rate of falls relative to males as age increases. ○ 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 direct cause of 95% of all hip fractures among older adults. 	<p>Public Health Agency of Canada. (2014). Seniors Falls in Canada: Second Report.</p> <p>https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/seniors-aines/publications/public/injury-blessure/seniors_falls-chutes_aines/assets/pdf/seniors_falls-chutes_aines-eng.pdf</p>



Young Children

Additional sources of data:

- Parachute. (2021). [Potential Lost, Potential for Change: The Cost Of Injury In Canada 2021](http://www.parachute.ca/costofinjury). www.parachute.ca/costofinjury
- 2012, [Child and youth injury prevention: A public health approach, CPS](#)

Canadian Statistics (Children)	Source
<ul style="list-style-type: none"> ○ Falls were the leading cause of hospitalization in every age group for unintentional injury-related hospitalizations. 	<p>Public Health Agency of Canada. (2020). At-a-glance – Injury hospitalizations in Canada 2018/19.</p> <p>https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-40-no-9-2020/injury-hospitalizations-canada-2018-2019.html</p>
<ul style="list-style-type: none"> ○ While most falls in children don't cause serious injury, 5,861 children from birth to 14 years were admitted to a hospital as a result of a fall in 2018. ○ In 2018, falls among children from birth to 14 years resulted in 297,889 emergency department visits. ○ Falls are the leading cause of hospital admissions and emergency department visits from injury in those ages 0 to 14. 	<p>Parachute. (2021). Potential Lost, Potential for Change: The Cost of Injury in Canada 2021.</p> <p>www.parachute.ca/costofinjury</p>
<ul style="list-style-type: none"> ○ More than 20,000 children are seen in emergency departments across Canada with injuries that occurred at home every year. 	<p>Parachute. (2021). Home safety.</p> <p>https://parachute.ca/en/injury-topic/home-safety/#:~:text=Each%20year%2C%20emergency%20departments%20across,be%20taken%20to%20the%20hospital.</p>
<ul style="list-style-type: none"> ○ Unintentional fall-related injuries among children and youth are associated with risk factors that are different 	<p>Public Health Agency of Canada. (2014). Seniors</p>

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<p>from those that are present in falls among seniors [older adults]. Among children, injurious falls may result from falls from bunk beds or a play structure. Among adolescents, alcohol and risk-taking behaviour are often implicated in the occurrence of falls.</p>	<p>Falls in Canada: Second Report.</p> <p>https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/seniors-aines/publications/public/injury-blessure/seniors_falls-chutes_aines/assets/pdf/seniors_falls-chutes_aines-eng.pdf</p>
<ul style="list-style-type: none"> ○ At almost 3.5 times the national average, injury accounts for 26% of deaths among First Nations, compared with 6% of deaths overall in Canada. ○ Hospitalization rates due to injury are also significantly higher (twice the rate) for children and youth living in areas with a high percentage of Indigenous residents compared to those living in areas with a low percentage of Indigenous residents. 	<p>Government of Canada. (2014). Developing injury indicators for First Nations and Inuit children and youth in Canada: a modified Delphi approach.</p> <p>https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-34-no-4-2014/developing-injury-indicators-first-nations-inuit-children-youth-canada-modified-delphi-approach.html</p>

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Spotlight on COVID-19 and Falls

Source citation:

Canadian Institute for Health Information. (2021). Impact of COVID-19 on Accidental Falls in Canada.

LINK: <https://www.cihi.ca/en/impact-of-covid-19-on-accidental-falls-in-canada>

Across the Lifespan

Canadian Statistics (All Ages)	Source
<ul style="list-style-type: none"> ○ Between March 1 and September 30, 2020, there were 95,000 fewer emergency department visits for accidental falls — a 24% decrease compared with the same period in 2019, consistent with the overall reduction in emergency department care. (pg. 4) ○ Compared with 2019, there were over 2,000 fewer hospitalizations for accidental falls in 2020. This represents a 4% decrease, much less than the overall decline in hospitalizations for any reason (14%). (pg. 4) ○ The largest decreases in both emergency department visits and hospitalizations were in April and May, which coincides with restrictions and interventions implemented across provinces and territories, such as school closures and stay-at-home orders. (pg. 5) 	<p>Canadian Institute for Health Information. (2021). Impact of COVID-19 on Accidental Falls in Canada.</p> <p>https://www.cihi.ca/en/impact-of-covid-19-on-accidental-falls-in-canada</p>

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Older Adults

Canadian Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ Emergency department visits for falls decreased by 19% and hospitalizations by 2% among older adults (65+).○ During the pandemic, transfers from long-term care for falls decreased by 10%, and a similar decrease was observed in discharge back to long-term care at the end of the hospitalization. (pg 6)○ Older age groups saw smaller decreases compared to younger age groups.	<p>Canadian Institute for Health Information. (2021). Impact of COVID-19 on Accidental Falls in Canada.</p> <p>https://www.cihi.ca/en/impact-of-covid-19-on-accidental-falls-in-canada</p>

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Children and Youth

Canadian Statistics (0-19)	Source
<ul style="list-style-type: none"> ○ The greatest decrease in both emergency department visits and hospitalizations for falls was for those age 0 to 19. Emergency department visits for falls decreased by 33% and hospitalizations by 21% among this age group. (pg. 6) ○ For children and youth, the large decrease in care for falls corresponded to the changes in where falls happened. (pg 7) <ul style="list-style-type: none"> ○ In particular, there was a notable reduction in ED visits for falls that took place in schools and public areas (73%), as well as in sport and athletics areas (65%). (pg 7) ○ Hospitalizations showed similar reductions, with the greatest decrease occurring for falls in sport and athletics areas (58%). (pg 7) ○ On the other hand, there was an increase in ED visits and hospitalizations for falls that occurred at home (5% and 6%, respectively), likely due to where and how people were spending their time during the pandemic. 	<p>Canadian Institute for Health Information. (2021). Impact of COVID-19 on Accidental Falls in Canada.</p> <p>https://www.cihi.ca/en/impact-of-covid-19-on-accidental-falls-in-canada</p>

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Spotlight on the Cost of Falls

Source citation:

Parachute. (2021) Potential Lost, Potential for Change: The Cost of Injury in Canada 2021.

LINK: <https://parachute.ca/costofinjury>

Older Adults

Canadian Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none">○ Seniors falls cost \$5.6 billion a year.○ Seniors falls account for 54% of the total cost of falls (\$10.3 billion) and 19% of the total cost of injury (\$29.4 billion).○ For falls among seniors, the highest total cost was for injuries to females aged 85+ (\$1.6 billion).○ Hospitalizations for fall-related injuries among seniors age 65+ cost \$3.1 billion a year.○ Injuries from falls on stairs for seniors age 65+ cost \$485 million a year.	<p>Parachute. (2021). Potential Lost, Potential for Change: The Cost of Injury in Canada 2021.</p> <p>https://parachute.ca/costofinjury</p>

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Young Children

Canadian Statistics (Children)	Source
<ul style="list-style-type: none"> ○ Injuries from childhood falls cost the Canadian economy \$996 million a year. ○ ED visits for childhood fall injuries cost \$340 million and hospitalizations cost \$49 million a year. ○ Falls account for 34% of the total cost of injuries among children. ○ Injuries among children for falls on the same level and in playgrounds have the highest costs (\$178 million and \$177 million), followed by falls from furniture (\$125 million). 	<p>Parachute. (2021). Potential Lost, Potential for Change: The Cost of Injury in Canada 2021.</p> <p>https://parachute.ca/costofinjury</p>

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Spotlight on Traumatic Brain Injuries (TBI) and Falls

Source citation:

Public Health Agency of Canada. (2020) Injury In Review 2020 Edition: Spotlight on Traumatic Brain Injuries Across the Life Course. *Government of Canada*.

LINK: <https://www.canada.ca/en/public-health/services/injury-prevention/canadian-hospitals-injury-reporting-prevention-program/injury-reports/2020-spotlight-traumatic-brain-injuries-life-course.html>

Older Adults

Canadian Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none"> ○ There are more than 11,000 emergency department visits for fall-related concussions in Canada each year. ○ Falls are the leading cause of TBI among older adults in Canada. 	<p>Public Health Agency of Canada. (2020) Injury In Review 2020 Edition: Spotlight on Traumatic Brain Injuries Across the Life Course. Government of Canada.</p> <p>https://www.canada.ca/en/public-health/services/injury-prevention/canadian-hospitals-injury-reporting-prevention-program/injury-reports/2020-spotlight-traumatic-brain-injuries-life-course.html</p>
<ul style="list-style-type: none"> ○ Each year in Canada between 20% to 30% of seniors fall, and fall-related injuries are the leading cause of injury-related hospitalizations among seniors. 	<p>(pg.108)</p>

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<ul style="list-style-type: none"> ○ Falls are also costly to the Canadian economy. In 2010, falls cost \$8.7 billion in indirect and direct costs, totalling a third of the total \$26.8 billion in injury costs. Between 2010 and 2035, it has been forecasted that a 20% reduction in falls among seniors aged 65 and older could save 4,400 lives and \$10.8 billion. 	
<ul style="list-style-type: none"> ○ The location of fall-related TBI was provided for 78.2% of cases. Among these cases with known location, almost two thirds (n = 1,209; 66.2%) of TBI were sustained while falling in a private home (the patient's own home or someone else's). ○ Among cases where a private home's room/area was also reported (n = 826), the stairs (25.7%), bedroom (14.8%) and bathroom (14.4%) were the three most common places where falls occurred (Table 14.1 from report pg. 110). 	(pg.110)
<ul style="list-style-type: none"> ○ The second most common reported location where fall-related TBI were sustained was medical or residential institutional settings (hospital, other health centre, home for the elderly or other institutional home), which accounted for 13.4% (244/1,825) of cases with reported location. Among those where the room/area was also known (n = 88), the bathroom (33%), bedroom/dorm (29.5%), and hall/foyer (11.4%), were the three most common places for falls. 	(pg.111)
<ul style="list-style-type: none"> ○ Nearly half (47%) of the sampled falls occurred on the same level (excluding involving ice or snow) from slipping/tripping/stumbling; colliding with another person; bumping against an object; from getting on/off the toilet; or from falling on the same level without further specification of what happened. Another 18.6% of falls happened on stairs/steps including ramps or inclines, while 8.6% involved furniture. Falls on the same level involving ice or snow accounted for 6.5% of the sampled fall-related TBI. 	(pg.112)



Young Children

Canadian Statistics (Children)	Source
<ul style="list-style-type: none"> ○ Head injuries (all types) and Traumatic Brain Injury (TBI) were most common among young children aged 2 to 9 years of age, and overall falling to the ground was the most common cause of TBI. 	(pg.90)
<ul style="list-style-type: none"> ○ Falls from or out of a stroller, stroller tip-overs and stroller run-aways were the three leading mechanisms of TBI associated with strollers among children 0 to 4 years. 	(pg.99)
<ul style="list-style-type: none"> ○ Falls were the leading cause of stroller-related TBI. 	(pg.101)
<ul style="list-style-type: none"> ○ Schools are the third most prevalent location of injury for Canadian adolescents after sports/athletic and home settings (ages 5 to 17 years). 	(pg.103)
<ul style="list-style-type: none"> ○ The majority of school based TBI were unintentional in nature (94.5%) and resulted from cases of being struck against an object, a fall, or an unintentional impact with another person. 	(pg.105)
<ul style="list-style-type: none"> ○ Falls are the most frequent reason for TBI hospitalizations and Emergency Department visits among children under 5 years of age. 	(pg.133)

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Ontario Data

Older Adults

Additional sources of data:

- 2017 – 2018, [Canadian Institute of Health Information](#)

Ontario Statistics (Older Adults 65+)**	Source
<p>Older Adults (population of adults 65-74 years old in 2019: 1,445,373)</p> <ul style="list-style-type: none"> ○ In 2019, there were 3,832 emergency department visits for injuries due to falls among adults age 65-74-year-old per 100,000 population (age-specific rate). ○ In 2019, there were 532 hospitalization for injuries due to falls among adults age 65-74-year-old per 100,000 population (age-specific rate). 	<p>Public Health Ontario. (2021). Public Health Ontario Snapshots- Injuries.</p> <p>https://www.publichealthontario.ca/en/data-and-analysis/commonly-used-products/snapshots</p>
<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. 	<p>Parachute. (2018). Ontario Injury Data Report 2018.</p> <p>https://www.closingthegap.ca/guides/how-to-prevent-falls-a-complete-fall-prevention-guide-for-seniors-and-caregivers/</p> <p>https://parachute.ca/wp-content/uploads/2019/06/OI_DR_2018.pdf</p>
<ul style="list-style-type: none"> ○ Falls was the single highest contributor of emergency room visits and causes of injury across all age groups. (N=800,003). ○ Older adults over the age of 80 (N=132,070) experienced most fall-related injuries resulting in emergency room visits. ○ Across the different age groups, falls in seniors over 80 were the single highest contributor of hospitalizations ○ In the five-year period between 2008-2012: 	<p>Parachute. (2018). Ontario Injury Data Report.</p> <p>https://parachute.ca/wp-content/uploads/2019/06/OI_DR_2018.pdf</p>

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<ul style="list-style-type: none"> ○ Falls contributed to the highest number of deaths across all age groups. ○ Older adults over 80 years of age contributed to most deaths (total for all causes). ○ Falls in older adults over 80 was the single highest cause of death across the different age groups. 	
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**The Ontario data found in this document may not be the most current data. More recent data is available through the [Public Health Ontario Snapshot](#).

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Young Children

Additional sources of data:

- 2018, [Ontario Injury Data Report](#)
- 2017 – 2018, [Canadian Institute of Health Information](#)

Ontario Statistics (Children/Youth)**	Source
Children/Youth (population of children 0-19 years old in 2019: 3,109,744) <ul style="list-style-type: none"> ○ In 2019, there were 4,178 emergency department visits for injuries due to falls among children age 0-19-year-old per 100,000 population (age-specific rate). ○ In 2019, there were 104 hospitalization for injuries due to falls among children age 0-19-year-old per 100,000 population (age-specific rate). 	Public Health Ontario. (2021). Public Health Ontario Snapshots- Injuries. https://www.publichealthontario.ca/en/data-and-analysis/commonly-used-products/snapshots

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Quebec Data

Across the Lifespan

Additional sources of data:

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

Quebec Statistics (All ages)	Source
<ul style="list-style-type: none"> ○ In Quebec, falls are responsible for 3,854 deaths between 2015 and 2017, which corresponds to an average of 1,285 per year. ○ In Quebec, falls are responsible for 74,158 hospitalizations for the years 2017 to 2019, an average of 24,719 hospitalizations per year. They represent the main cause of hospitalizations related to unintentional trauma. 	<p>Institut National de santé publique du Québec. (2021). Répertoire des initiatives en prévention des chutes chez les aînés vivant à domicile dans le contexte de la pandémie de Covid-19.</p> <p>https://www.inspq.qc.ca/sites/default/files/publications/3108-intiatives-prevention-chutes-aines-domicile-covid-19.pdf (Only available in French)</p>

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Older Adults

Additional sources of data:

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

Quebec Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none"> ○ Death and hospitalization rates per 100,000 people are particularly high among older adults aged 85 and over, both among women and men. 	<p>Institut National de santé publique du Québec. (2021). Répertoire des initiatives en prévention des chutes chez les aînés vivant à domicile dans le contexte de la pandémie de Covid-19.</p> <p>https://www.inspq.qc.ca/sites/default/files/publications/3108-initiatives-prevention-chutes-aines-domicile-covid-19.pdf</p>

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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](#)

Atlantic Canada Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none"> ○ During 2007–2008, the age-standardized fall-related hospitalization rate for older adults was 12 per 1,000 for Newfoundland and Labrador, 13 per 1,000 for Nova Scotia and 16 per 1,000 for Prince Edward Island and New Brunswick. ○ 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. 	<p>CIHI. (2008). Discharge Abstract Database, 2007–2008.</p> <p>https://secure.cihi.ca/free_products/falls_among_seniors_atlantic_canada_aib_en.pdf</p>

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Young Children

Additional source of data:

- 2018, [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). ○ Among children 0-14 years, the most common body region injured due to a fall was the upper extremity with 46% followed by head injuries with 25% and lower extremity injuries with 18%. Other body regions accounted for the remaining 11%. 	<p>Child Safety Link. (2016). Atlantic Canada child & youth unintentional injury hospitalizations: 10 years in review [2004-2013]</p> <p>https://childsafetylink.ca/wp-content/uploads/2018/03/Atlantic-Hospitalization-Report-2018_en-Revised-March-2018.pdf</p>

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Alberta Data

Across the Lifespan

Additional sources of data:

- 2019, [Finding Balance Alberta](#)
- 2018, [Injury Prevention Centre](#)

Alberta Statistics (All Ages)	Source
<ul style="list-style-type: none"> ○ In 2017, falls accounted for 30% of all injury emergency department visits with 154,336 visits. ○ In 2017, falls accounted for 52% of all injury hospital admissions with 17,546 admissions. ○ In 2017, falls were the leading cause of permanent partial disability (50%) and permanent total disability (48%). ○ In 2017, falls accounted for 32% of the total injury costs. ○ Of these costs, falls accounted for 41% of the direct costs. 	<p>Injury Prevention Centre. (2020). Economic Cost of Injuries in Alberta.</p> <p>https://injurypreventioncentre.ca/downloads/reports/Cost%20of%20Injury%20Alberta%20May%202021%20VERSION%2014.pdf</p>
<ul style="list-style-type: none"> ○ The average length of stay in hospital due to a fall is 3 weeks. ○ There was an average of 92 fall-related emergency department visits each day and 25 fall-related hospital admissions each day. ○ There were about 9,000 fall-related hospital admissions in 2017. ○ Falls cost Albertans over \$290 million every year in hospital admissions and emergency department visits. 	<p>Finding Balance Alberta. (2019). Fall Facts.</p> <p>https://findingbalancealberta.ca/wp-content/uploads/2019-FB-Data-Infographic.pdf</p>
<ul style="list-style-type: none"> ○ 	

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Older Adults

Additional sources of data:

- 2019, [Finding Balance Alberta](#)
- 2018, [Injury Prevention Centre](#)

Alberta Statistics (Older Adults 65+)	Source
<ul style="list-style-type: none"> ○ Males 65+ accounted for 41% of all fall-related hospital admissions whereas females 65+ accounted for 59% of all fall-related hospital admissions. ○ Males 65+ had the highest number of fall-related hospital admissions with 3,497 and the highest rate with 1,434.8 admissions per 100,000 population ○ Females 65+ years had the highest number of fall-related hospital admissions with 7,102 and the highest rate with 2,521.6 admissions per 100,000 population. ○ Females 65+ had the highest rate of fall-related emergency department visits with 7,531.2 visits per 100,000 population. ○ Males 65+ accounted for 11% of fall-related costs but only accounted for 6% of Alberta’s population. ○ Females 65+ accounted for 37% of fall-related costs but only accounted for 7% of Alberta’s population. 	<p>Injury Prevention Centre. (2020). Economic Cost of Injuries in Alberta.</p> <p>https://injurypreventioncentre.ca/downloads/reports/Cost%20of%20Injury%20Alberta%20May%202021%20VERSION%2014.pdf</p>
<ul style="list-style-type: none"> ○ Falls are the leading cause of injuries amongst older adults. 	<p>Finding Balance Alberta. (2019). Fall Facts.</p> <p>https://findingbalancealberta.ca/wp-content/uploads/2019-FB-Data-Infographic.pdf</p>
<ul style="list-style-type: none"> ○ Over 20% of injury-related visits to the emergency department among Métis members in Alberta were due to unintentional falls in 2013. ○ Unintentional falls were the main cause of injury-related visits to the Emergency Department among Métis people through most age groups, with a higher age specific incidence rate observed in adults aged 70 years or older. ○ Métis females had higher injury-related visits for unintentional falls than Métis males. 	<p>Sachez-Ramirez et al. (2013). Injuries Among Members of the Métis Nation of Alberta, 2013.</p> <p>http://albertametis.com/wp-content/uploads/2017/05/Health-Report_Injuries-Report_For-Web.pdf</p>

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| <ul style="list-style-type: none">○ Unintentional falls were the main cause of injury-related hospital admissions in Métis Nation of Alberta (39% of all injury-related hospital admissions), followed by motor vehicle traffic accidents (11%) and suicide and self-inflicted injuries (9%).○ Incidence of unintentional falls was significantly higher in rural areas than in urban areas. | |
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Young Children

Alberta Statistics (Children)	Source
<ul style="list-style-type: none"> ○ Males between 0 and 4 years of age had the highest rate of fall-related emergency department visits with 6,799 visits per 100,000 population. ○ Females between 0 and 4 years of age had a fall-related emergency department visits rate of 5,481 visits per 100,000 population. 	<p>Injury Prevention Centre. (2020). Economic Cost of Injuries in Alberta.</p> <p>https://injurypreventioncentre.ca/downloads/reports/Cost%20of%20Injury%20Alberta%20May%202021%20VERSION%2014.pdf</p>

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Manitoba Data

Across the Lifespan

Additional source of data:

- 2020, [Winnipeg Regional Health Authority](#)

Manitoba Statistics (All Ages)	Source
<ul style="list-style-type: none"> ○ Falls are the leading cause of injury-related hospitalizations and deaths. ○ Between 2000 and 2012, there were 1,949 deaths due to falls 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. 	<p>Government of Manitoba. Preventing Falls for Children and Adults- Fall Facts. (n.d.)</p> <p>https://www.gov.mb.ca/health/hep/injury/falls.html</p> <p>Winnipeg Regional Health Authority. (2018). Professionals.</p> <p>https://preventfalls.ca/professionals/</p>
<ul style="list-style-type: none"> ○ Falls accounted for 52.8% of hospitalizations related to injuries in the Winnipeg Health Region in 2016/17, and 49.6% in the province of Manitoba. 	<p>Winnipeg Regional Health Authority. (2019). Winnipeg Health Region Community Health Assessment 2019.</p> <p>https://wrha.mb.ca/files/cha-2019-full-report.pdf</p>



Older Adults

Additional source of data:

- 2020, [Winnipeg Regional Health Authority](#)

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.(n.d.) https://www.gov.mb.ca/health/hep/injury/falls.html

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Young Children

Additional source of data:

- 2020, [Winnipeg Regional Health Authority](#)

Manitoba Statistics (Children/Youth)	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. 	<p>Government of Manitoba. Preventing Falls for Children and Adults- Fall Facts. (n.d.)</p> <p>https://www.gov.mb.ca/health/hep/injury/falls.html</p>

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British Columbia Data

Older Adults

Additional sources of data:

- 2018, [British Columbia Injury Research and Prevention Unit](#)
- 2017, [Finding Balance BC](#)

British Columbia Statistics (Older Adults 65+)	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. 	<p>Government of British Columbia – Seniors’ Fall Prevention. (n.d.)</p> <p>https://www2.gov.bc.ca/gov/content/health/managing-your-health/injury-prevention/seniors-fall-prevention</p>
<ul style="list-style-type: none"> ○ In 2016/17, falls were the primary contributing cause for 21,934 acute hospitalizations among residents ages 65+. 	<p>Discharge Abstract Database (DAD). (2018). Ministry of Health, BCIRPU Injury Data Online Tool.</p> <p>https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/#fn-6951-6</p>
<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. 	<p>Rajabali F, Ibrahimova A, Barnett B, Pike I. (2015). Economic Burden of Injury in British Columbia.</p> <p>https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/</p>
<ul style="list-style-type: none"> ○ Injury risks are consistently higher among the Indigenous populations than among the total populations of health service delivery areas in British Columbia. 	<p>George et al. (2013). The RISC research project: injury in First Nations communities in British Columbia, Canada.</p> <p>https://doi.org/10.3402/ijch.v72i0.21182</p>

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<ul style="list-style-type: none"> ○ Each year, more than 200,000 older adults will experience one or more falls, resulting in more than 10,000 hospitalizations and more than 800 direct and indirect deaths. 	<p>BC Ministry of Health. (2006). The evolution of seniors' falls prevention in British Columbia.</p> <p>https://www.injuryresearch.bc.ca/quick-facts/seniors-falls-prevention/</p>
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Northwest Territories Data

Across the Lifespan

Additional source of data:

- 2015, [Influences on Quality of Life of Older Adults in the NWT](#)

Northwest Territories Statistics (All Ages)	Source
<ul style="list-style-type: none"> ○ Various social determinants of Inuit health increase the likelihood of falls including but not limited to personal health status and conditions (e.g. poor balance and stability), personal health practices and coping skills (e.g. use of improper footwear), physical environments (e.g. housing conditions), social support networks (e.g. overcaring), and access to health services. 	<p>Frigault, J. Giles, A. (2018). Understanding Fall-Risk Factors for Inuvialuit Elders in Inuvik Northwest Territories, Canada.</p> <p>https://journalhosting.ucalgary.ca/index.php/arctic/article/view/67856/51716</p>
<ul style="list-style-type: none"> ○ Fall-related death rates among those 60 to 69 years old were 6.5 times higher than the overall territorial rate. For people 70 and older, the rate was 17 times higher. ○ The crude rate for deaths due to falls during the 2000-2009 period was almost three times higher than the rate during the 1990-1999 period. ○ Unintentional falls were the leading cause of injury-related hospital admissions of all ages, at 1.6 times the rate of the next category of injury. Falls represented 28% of all injury admissions. ○ Falls were the most common cause for injury admission among those 0-14 years and those 45 years and older. ○ Falls were the leading cause of injury-related hospital admissions among all ethnic groups except for the Inuit. ○ Males accounted for 67% of all fall-related deaths, although the crude rates between males and females were not significantly different. ○ Falls within the same level (not from a height) accounted for a quarter of all fall-related deaths. However, unspecified falls where no location was documented accounted for the most deaths at 38%. 	<p>NWT Health and Social Services. (2015). Injury in the Northwest Territories, 2000-2009.</p> <p>https://www.hss.gov.nt.ca/sites/hss/files/injury-nwt-2000-2009.pdf</p>

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| <ul style="list-style-type: none">○ Between 2000 and 2009, the fall-related admission rates among Dene and Inuit were 38% and 31% higher than the territorial rate, respectively. Dene represented the majority of fall-related admissions at 46%. Rates among the Métis and non-aboriginal people were 31% and 34% lower than the territorial rate, respectively. | |
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