FALLS are the LEADING CAUSE OF INJURY among older Canadians: 20–30% of seniors experience 1+ falls each year.

**FALLS CAUSE:**

- 85% of seniors’ injury-related hospitalizations
- 95% of all hip fractures
- $2 Billion a year in direct healthcare costs

- Over 1/3 of seniors are admitted to LONG-TERM CARE following hospitalization for a fall
- The average Canadian senior stays in hospital 10 DAYS longer for falls than for any other cause

Falls can result in chronic pain, reduced mobility, loss of independence and even death.

- 50% of all falls causing hospitalization happen at home

INJURIES due to falls rose 43% between 2003 and 2008

DEATHS due to falls rose 65% between 2003 and 2008

The good news is that falls are preventable and action can be taken by all.

READ THE FULL REPORT FOR MORE AT:

www.publichealth.gc.ca/seniors