

# Falls Prevention Awareness Week

September 18-24, 2022

## Did you know?



1 in 5 falls causes serious injury



More than **95%** of hip fractures are the result of falling



Medical costs for falls are more than **\$50 billion annually**



## What can you do?

### Talk With Your Health Care Provider

Set up an appointment with your provider to assess risks and strategies to prevent falls

### Keep it Moving

Physical activity such as walking, dancing, or tai chi can improve balance, strength, and coordination

### Remove Home Hazards

Remove anything that can be a potential fall hazard in your home

Content adapted from the Disease Control and Prevention  
<https://www.cdc.gov/falls/facts.html>



[ncfallsprevention.org](http://ncfallsprevention.org)



**HEALTHY AGING NC**

[healthyagingnc.com](http://healthyagingnc.com)

Content adapted from the Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-2004>

# Get connected

There are plenty of **fall prevention programs!** Get connected with one near you!

## YMCA Moving for Better Balance

This **12-week group program** is designed to improve strength, mobility, flexibility, and more. These are all factors that **can improve your overall physical health** and decrease your risk of falls.



### Benefits of this program:

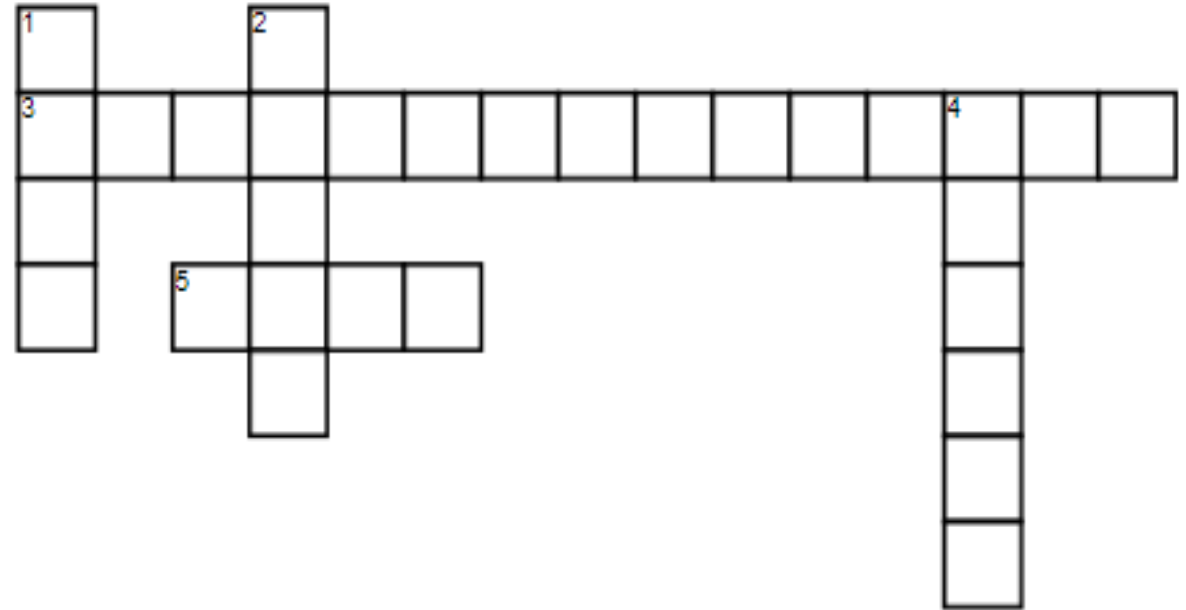
- Better mental health
- Reduced stress
- Improved memory
- Increased self esteem

Find **more programs** to prevent falls at the **link below!**

Content adapted from the National Council on Aging  
<https://www.ncoa.org/article/evidence-based-falls-prevention-programs>

LOCAL PARTNER INFO SECTION

## Fall Prevention Crossword



### ACROSS

- 3 A tool to help prevent falls  
5 Something that should fit sensibly

### DOWN

- 1 Something you can prevent  
2 Something to help you avoid falling in the dark  
4 The possible result of a fall

**Word Bank: Injury, Fall, Assistive Device, Light, Shoe**