

Evidence-Based Falls Prevention Programs: The Impact in Numbers

The Challenge: Older Adult Falls in the U.S.

1 in 4 Americans age 65+ fall each year, but less than half report it

Every 11 seconds an older adult is treated in the emergency room for a fall

Every 19 minutes an older adult dies from a fall

The Solution: Proven Evidence-Based Falls Prevention Programs

Since 2014, more than 240,000 older adults have participated in evidence-based falls prevention programs through funding from the Administration for Community Living via the Prevention and Public Health Fund. Grantees nationwide report participation and outcomes to the Healthy Aging Programs Integrated Database (HAPID®), providing valuable insight into program effectiveness.



Reduced Emergency Care

Participants experienced a meaningful decrease in fall-related ER visits and hospitalizations and were more likely to be proactive in consulting a healthcare provider or discussing fall risks with family.



Communication Gains

91% feel comfortable talking to family about fall risks and 92% feel comfortable discussing risks with healthcare providers.



Physical Activity Improvements

After completing the programs, participants showed a strong commitment to staying active—22% increased their physical activity, 44% maintained moderate or vigorous activity levels, and 95% plan to continue exercising.



Increased Confidence

Program participants report significant gains in confidence and self-efficacy with fall prevention. Nearly 80% have a reduced fear of falling and confidence in their ability to increase strength. 86% believe they can actively reduce their risk of falling, and 66% feel prepared to protect themselves if a fall does occur.

Who We Serve: A Profile of Program Participants

Average age: 75 years

Average number of chronic conditions: 2 per participant

Top chronic conditions:

- 43% Arthritis / Rheumatic disease
- 25% Hypertension
- 16% Diabetes

Learn more about evidence-based falls prevention programs and other proven programs at:

ncoa.org/FallsPrevention