

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program

Fall-related injuries can be serious enough to result in hospitalization and even premature death. People who fall often face major declines in mobility and independence.

Tips Affecting Different Age Groups

- Thirty percent of people over the age of 65 will fall each year.
- Sixty percent of falls occur in the home.
- Many falls can be prevented.
- Lack of exercise leads to muscle weakness and increases your chances of falling.
- Exercise is one of the best ways to reduce your chance of falling.
- Exercise strengthens your muscles and makes you feel better.
- Exercise improves your balance and coordination.
- Balance involves your eyes, inner ear, muscle strength, and the flexibility of your joints.

Maintaining Balance and Preventing Falls



Other Tips for Reducing Your Chances of Falling

- Begin a regular exercise program.
- Have a health care provider review your medicines, including over-the-counter and herbal remedies to ensure there are no drug interactions that may lead to dizziness.
- Have your vision checked. Any changes in vision can lead to falls.
- Have your hearing checked. Dizziness can occur with

hearing loss. The inner ear is responsible for balance in the body.

- Make your home safer (see checklist below).

Home Safety Checklist

- Remove throw rugs or add rubber mats underneath to secure them from moving.
- Use double-sided tape to secure throw rugs.
- Use nonslip, rubber mats and handrails in the shower/tub.
- Use a nightlight.
- Make sure there is enough light in rooms—good lighting can reduce the chance of falls.
- Have and use handrails on stairs.

- Wear shoes that give good support and have nonslip soles.
- Avoid night clothing that drags on the ground. Keep robes tied.
- Keep a charged flashlight near your bed for emergencies.
- Put regularly used items on shelves within easy reach between hip and eye level.
- If you must reach overhead, use a sturdy stool.

Always remember, falls are preventable!

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