

Injury Prevention Newsletter

Colorado Trauma Network



WHO WE ARE

The Colorado Trauma Network (CTN) is a statewide network of Trauma professionals dedicated to trauma care, prevention and education. The mission of the CTN is to promote the optimal care of the injured patient in Colorado through injury prevention, education and participation in the statewide trauma system. Within the CTN structure is the injury prevention sub-committee, which is made up of Injury Prevention Professionals from Trauma Centers across Colorado. The injury prevention sub-committee works together to provide strategic and innovative approaches to reducing and eliminating trauma and injuries.

WELCOME TO OUR NEWSLETTER:

The injury prevention sub-committee has been working around the clock to create innovative ideas to help reduce falls during COVID19. As such, we are excited to announce the release of a quarterly newsletter! The goal of the newsletter is to address fall prevention in all areas of our lives. The newsletter will include fall prevention tips, updated guidance, interesting new research, video clips and more. Each newsletter will focus on a different area of fall prevention, including and not limited to physical and mental health, the importance of exercise and balance, healthy lifestyle tips, home safety, etc.

The information and data presented in this newsletter comes from the Centers for Disease Control and Prevention (CDC) and the Colorado Department of Public Health and Environment (CDPHE). The data is collected by both organizations on a regular basis and is used to inform and guide fall prevention strategies and initiatives throughout Colorado and the United States.

We are excited to share this information with you and look forward to better serving our community through our fall prevention newsletter. We also encourage your feedback so if you would like to see a specific topic addressed or have any comments or questions, please reach out to Laurie Lovedale at 720-848-5165 or laurie.lovedale@uchealth.org



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FALLS AFFECT US ALL

Falls affect us all—whether personally or someone we love and care about. Every second of every day an older adult suffers a fall. In the United States, about one in four adults age 65 and older report falling each year. This equates to about 30 million falls each year. Roughly 24% of those falls required medical treatment.

Did you know Colorado residents have a higher than average fall rate? Residents ages 65 and older account for 86% of fall deaths and 22% of hospitalizations for fall-related injuries in 2015.

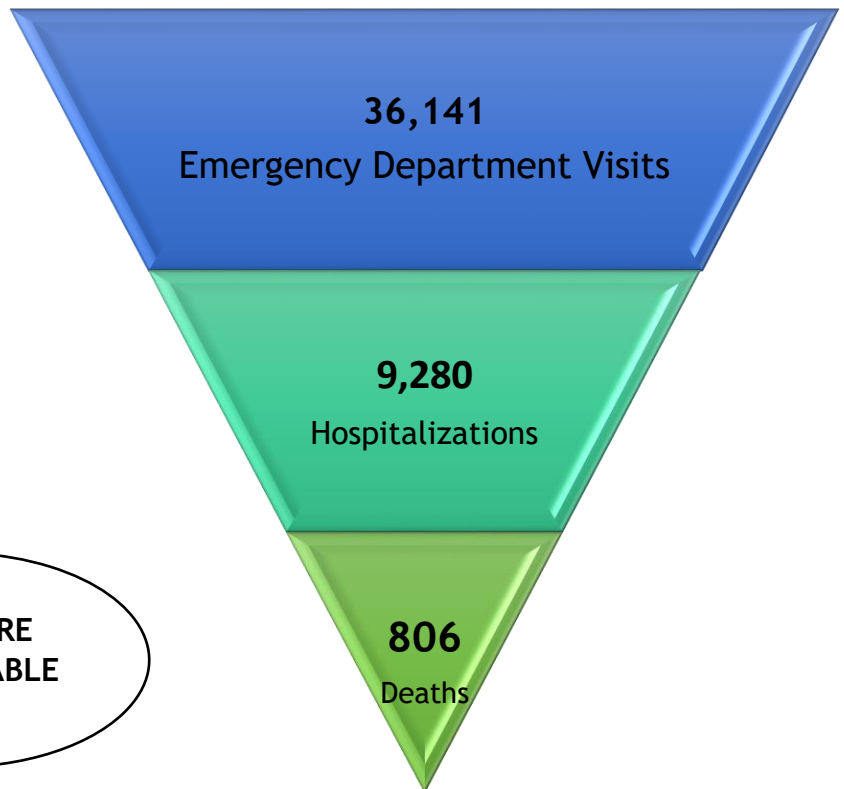
There is good news! Falls can be prevented.

Here are 5 simple things you can do right now to prevent a fall:

1. Talk with your healthcare provider about your potential fall risk and prevention strategies that are right for you. Have your doctor and pharmacist review your medication.
2. Exercise to improve strength, balance and coordination.
3. Get an annual eye exam.
4. Remove clutter and tripping hazards from your home.
5. Wear proper clothing and safe footwear.



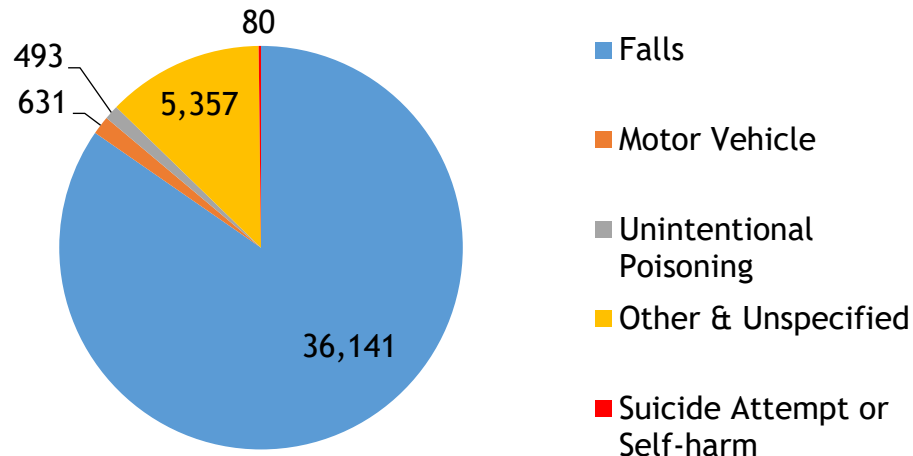
THE FALL CYCLE



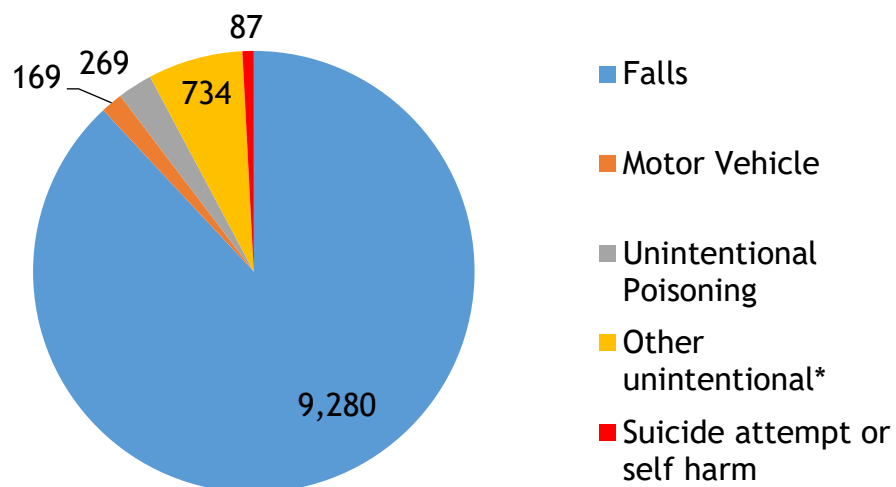
Fall-related injuries for Colorado residents' age 65+, 2017

Causes of Injury Hospitalizations and ED Visits Colorado Residents 65+, 2017

Number of Emergency Department Visits



Number of Hospitalizations



Data Sources:

Centers for Disease Control and Prevention. Falls reported by state. Retrieved from <https://www.cdc.gov/homeandrecreationsafety/falls/fallcost/falls-by-state.html>

Colorado Department of Public Health and Environment. Colorado: special emphasis report: fall injuries among older adults 2007-2015. Retrieved from https://www.colorado.gov/pacific/sites/default/files/PW_ISVP_CO_Falls_SER_2015.pdf