

# OLDER ADULT FALLS IN OKLAHOMA



Injury Prevention  
Service

Oklahoma is home to more than 690,000 older adults (aged 65 years and older).

**Unintentional falls are the leading cause of fatal and nonfatal injury among older adults.**

Falls not only threaten the safety and independence of older adults, but also generate enormous economic and personal costs.



## Cost of a Fall

The total hospitalization and ED visit charges for nonfatal fall injuries of older adults is more than

**\$1.1 BILLION ANNUALLY.**

## Every week

**16**

older adults die

**161**

are hospitalized

**986**

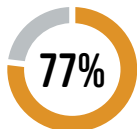
are discharged  
from an emergency  
department (ED)

**from/for a fall-related injury**

## Older adults accounted for



of fall deaths



of nonfatal  
fall inpatient  
hospitalizations



of nonfatal  
ED visits for falls

## Adults aged 85 and older had

fall death rates

**23x  
HIGHER**

nonfatal  
hospitalization rates

**8x  
HIGHER**

nonfatal  
ED visit rates

**3x  
HIGHER**

**than those aged 65-69**



## Highest Risk

Older adult females had higher fall hospitalization and ED visit rates than males for all age groups.

Older adult males had higher fall death rates than females for all age groups 70 years and older.

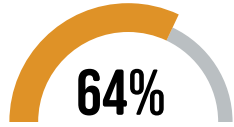
Non-Hispanic White older adults had the highest fall death rates (59% higher than the next highest group).

Non-Hispanic White older adults had the highest nonfatal fall ED and hospitalization rates. Non-Hispanic American Indian older adults had the second highest hospitalization rate and non-Hispanic Blacks had the second highest ED visit rate.

**Data sources:** Deaths – Oklahoma Vital Statistics Death Data (2021-2023); Hospital discharge – OSDH Center for Health Statistics, Oklahoma Hospital Discharge Data (2022-2024)

**Compiled by:** OSDH Injury Prevention Service

## Location



Nearly two-thirds of fatal falls occurred in the home.

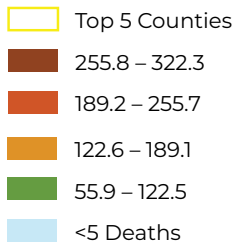


About one quarter of fatal falls occurred in a residential institution.



### Unintentional Fall-Related Death Rates\* by County of Residence\*\* in Adults Aged 65 and Older, Oklahoma, 2021-2023

Rates per  
100,000 population

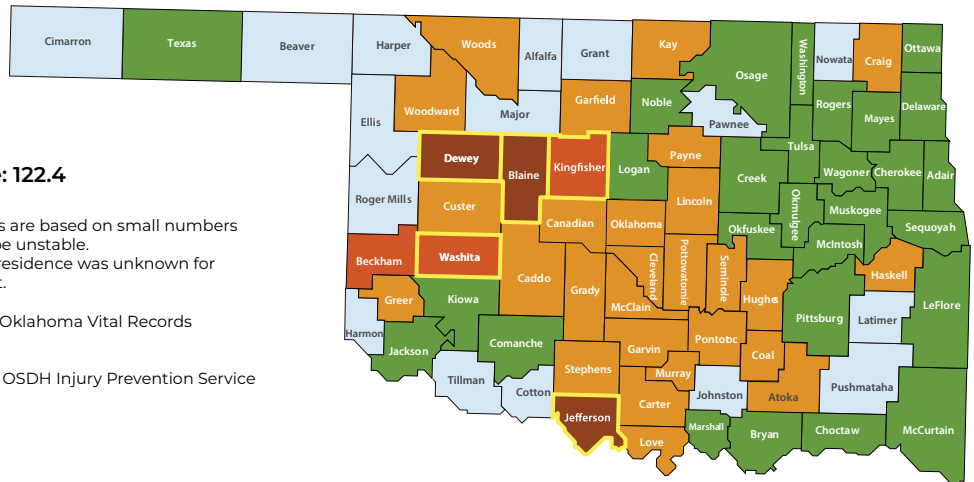


**State Rate: 122.4**

\* Some rates are based on small numbers and may be unstable.  
\*\* County of residence was unknown for 1 decedent.

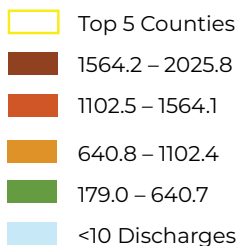
**Data Source:** Oklahoma Vital Records Death Data

**Compiled by:** OSDH Injury Prevention Service



### Nonfatal Fall-Related Hospitalization Rates\* by County of Residence\*\* in Adults Aged 65 and Older, Oklahoma, 2022-2024

Rates per  
100,000 population

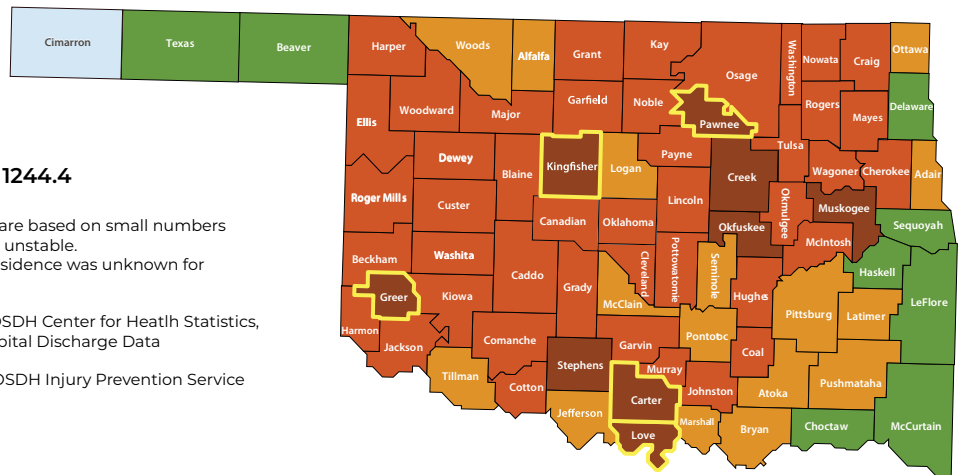


**State Rate: 1244.4**

\* Some rates are based on small numbers and may be unstable.  
\*\* County of residence was unknown for 1 discharge.

**Data Source:** OSDH Center for Health Statistics, Oklahoma Hospital Discharge Data

**Compiled by:** OSDH Injury Prevention Service



## Data to Action

### Falls are not a normal part of aging and can be prevented.

The OSDH Injury Prevention Service facilitates evidenced-based community fall prevention programming statewide to reduce fall-related morbidity and mortality.

- Tai Chi: Moving for Better Balance
- Tai Chi for Arthritis & Falls Prevention (TCAFP)
- A Matter of Balance (MOB)
- Stay Active & Independent for Life (SAIL)
- Walk with Ease

To learn more, visit [Oklahoma.gov/health/falls](https://oklahoma.gov/health/falls). | *A Roadmap to Reducing Older Adult Falls*

