

Falls Prevention Awareness Week

September 23-27, 2024

#PreventFallsSD

SOCIAL MEDIA MESSAGES- #PreventFallsSD

Video

Most falls are preventable.

Start with these six easy steps to help reduce your risk:

1. Find a balance or exercise program
2. Talk to your doctor
3. Review medications
4. Get your vision and hearing checked yearly
5. Keep your home safe
6. Talk to your family

Video URL: <https://youtu.be/97MrLqw1aro>

Spanish:

La mayoría de las caídas se pueden prevenir.

Comience con estos seis sencillos pasos para ayudar a reducir su riesgo:

1. Encuentra un equilibrio o un programa de ejercicios
2. Hable con su médico
3. Revisar medicamentos
4. Hágase revisar la vista y la audición anualmente
5. Mantén tu casa Segura
6. Habla con tu familia

Video URL: <https://www.youtube.com/watch?v=6Sb4ADVTtrY>

Testimonials

What South Dakotan's are saying about Evidence Based Fall Prevention Programs.

“When I put on my jeans, I used to try to try to put my leg in, and I would have to go down, and then I would have to go down and then I would have to go down. And now I can just put that leg in and pull those jeans up. And now that probably sounds like nothing to someone else, but it was big for me.”
(SAIL Participant)

“Last year when I started Bingocize I had a difficult time with doing chair stands for more 15 seconds, at the end of Bingocize I continued to do chair stands daily. This has been a year now and I am still doing my chair stands daily.
(Bingocize® Participant)

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News Options

Press Release

For Immediate Release

Contact: Noel Miller, RN Co-Chair SDFPC

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Older Adult Falls are on the rise in South Dakota

The South Dakota Falls Prevention Coalition along with other state Fall Prevention Coalitions are observing Falls Prevention Awareness Week. The week will be observed September 23-27, 2024, in conjunction with the National Council on Aging. The week is an opportunity to raise awareness about how to prevent falls among older adults. According to the Centers for Disease Control and Prevention (CDC), over 14 million, or 1 in 4 older adults report falling every year.

In 2020, 34% of older adults in South Dakota reported falling, [second highest](#) percent in the nation. In South Dakota fall related deaths rose from 120.9 in 2020 to 140.3 per 100,000 in 2021 moving South Dakota up to [third highest in the nation](#). In 2023, The South Dakota State Department of Health reported [Accidental Falls](#) as the 6th leading cause for death. Emergency department visits in South Dakota increased to 7,253 in 2022 up from 6,095 in 2021. Hospitalizations in South Dakota increased in 2022 per the South Dakota Department of Health report.

The mission of the South Dakota Falls Prevention Coalition, whose partners include a wide variety of organizations that are [stakeholders](#) in preventing falls across the state, is to cultivate collaboration to reduce falls by increasing knowledge and promoting the implementation of evidence-based fall prevention solutions for older adults. Partners withing the coalition are offering a variety of evidence-based fall prevention programs to assist older adults minimize their risk of falling. For a full list of programs visit the coalition's website.

"Falls can happen anywhere at any time, but the majority of falls happen in an older adult's primary residence, the evidence-based programs offered in South Dakota assist the older adult in assessing their residence and reduce fall hazards in the home" explained Noel Miller, RN, Co-Chair of the South Dakota Falls Prevention Coalition.

"Along with assessing their home environment, evidence-based programs contain some level of physical activity" Miller expanded. "Older adults have a misplaced belief that reducing their level of physical activity will prevent a fall, but the lack of physical activity increases the risk of a fall and contributes to a vicious cycle. Physical activity can increase strength, balance, and flexibility, all which will help in fall prevention. Other benefits of physical activity include increase in mood and may help manage chronic diseases."

"Older adults are encouraged to speak with their health care providers about their specific fall risks and appropriate interventions and fall prevention programs explains Miller. By encouraging screening for fall risk and providing referrals to evidence-based fall prevention programs, we can intervene before the fall occurs."

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Those interested in joining or learning more about the South Dakota Falls Prevention Coalition are encouraged to reach out to PreventFallsSD@gmail.com.

Newsletter Excerpt

The South Dakota Falls Prevention Coalition has asked us to join in [Falls Prevention Awareness Week](#) being held September 23-27, 2024. This one-week observance is to bring national awareness to older adults and how to decrease their risk of falling. The theme for 2024 *From Awareness to Action*. Taking Action to reduce falls does not need to be a large form program, it can start in a few easy steps:

1. Find a balance or exercise program
2. Talk to your doctor
3. Review medications
4. Get your vision and hearing checked yearly
5. Keep your home safe
6. Talk to your family

“Encouraging all older adults to take one or all of the steps above may reduce their risk of falling” explained Noel Miller, Co-chair of the South Dakota Falls Prevention Coalition. “Falls are devastating to individuals and families. When an individual experiences a fall, the effects can be overwhelming and devastating. Preventing a fall is a priority.”

References

[Falls Prevention for Older Adults](#)

[6 Steps to Help Prevent Falls in Older Adults](#)

[4 Tips to Help You Talk to Older Adults About Preventing Falls](#)

[STEADI - Older Adult Fall Prevention](#)