

Falls-Related Injury

Why Is This Important?

A fall can be defined as an unexpected event that results in a person coming to rest on the ground or floor or lower level with or without an injury. They are the leading cause of unintentional injuries in the Region (over 60%) and are the leading cause of injuries among Canadian seniors. Up to one-third of seniors fall each year. Falls cause up to 90% of hip fractures in seniors, causing significant disability and morbidity. Falls are a significant issue in acute and long term care institutions, making up about 17% of the total falls-related hospitalizations in Canada. The number of seniors is expected to double by 2036, signaling a perfect time for addressing the issue of falls.

Falls are disproportionately felt amongst those living in the most vulnerable circumstances. Click [here](#) for information on health equity.

What Is Being Done?

[Falls prevention in Saskatoon Health Region](#)

[Public Health Agency of Canada Falls Prevention](#)

To Learn More:

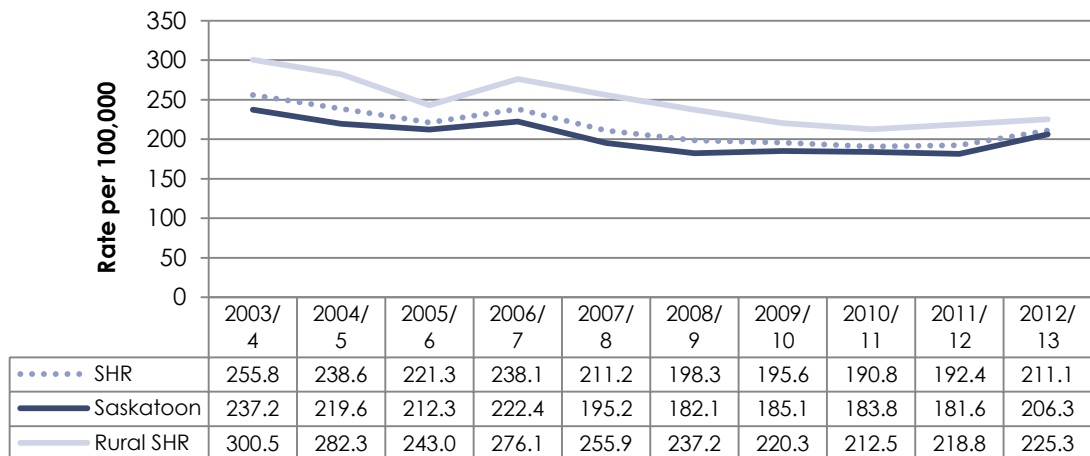
Chief Medical Health Officer's [Call to Action](#)

Highlights

Hospitalization rates due to falls have been decreasing steadily over time.

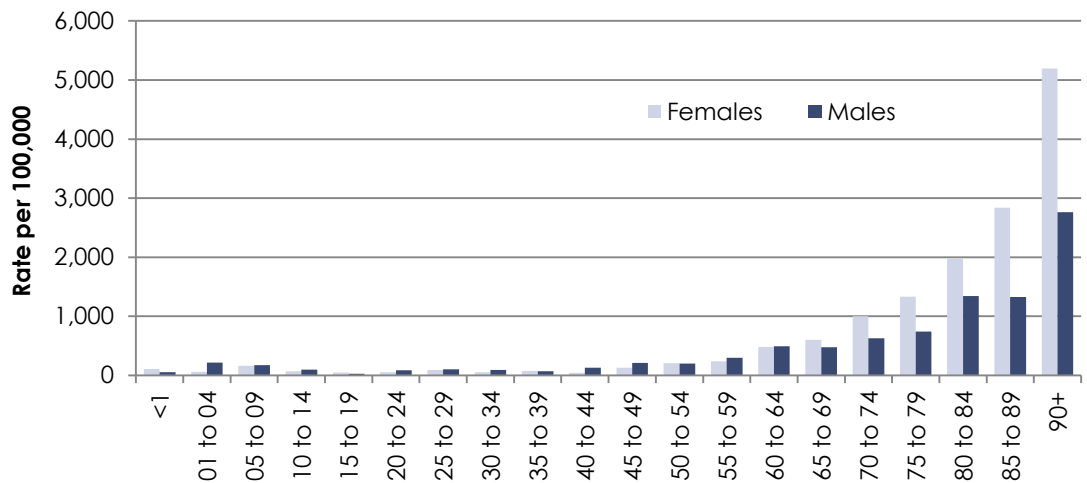
- The total number of hospitalizations due to falls was 880, a rate of 211 per 100,000 in 2012/13 (Figure 1). Falls decreased by 17% between 2003/04 and 2012/13.
- Falls-related hospitalization rates for residents living in rural areas were higher than for urban Saskatoon residents between 2003/04 and 2012/13 (Figure 1).
- There is a clear age relationship in falls-related hospitalizations, with a marked increase in falls for those older than 65 years. Older females experience higher falls-related hospitalizations than older males (Figure 2).
- Falls hospitalization rates vary by sub-group. Click [here](#) for rates by geographic area and socio-economic status.

Figure 1: Age Sex Standardized Falls-Related Hospitalization Rates, Saskatoon Health Region, 2003/04 to 2012/13



Source: Saskatchewan Ministry of Health

Figure 2: Falls-Related Hospitalization Rates, Age Group and Sex, Saskatoon Health Region, 2008/09 to 2012/13 Combined



Source: Saskatchewan Ministry of Health