

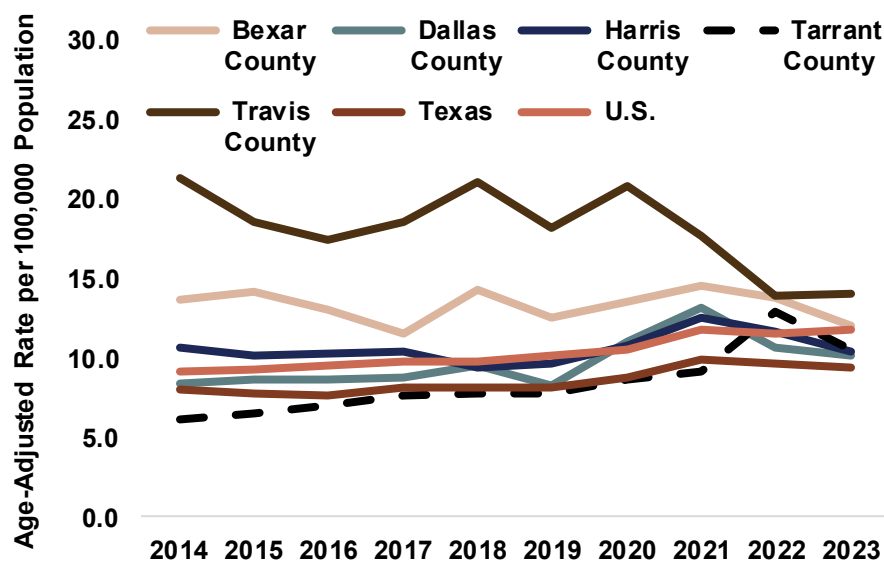
TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



FALL-RELATED INJURIES AND DEATHS IN TARRANT COUNTY

Fall: When someone unintentionally comes to rest on the ground, floor, or other lower level. Anyone can experience a fall, but **older adults are at greatest risk**. While falls don't always cause injuries, certain severe injuries, such as traumatic brain injuries [\[Data Brief linked here\]](#) and hip fractures, can lead to long-term disability or death. Falls can be non-fatal or fatal, but they are preventable and certain measures can reduce someone's risk of falling. The fear of falling creates a cycle of inactivity, which leads to weaker muscles and poor balance, and then increases the risk of falling. Stopping this cycle is critical when preventing falls.

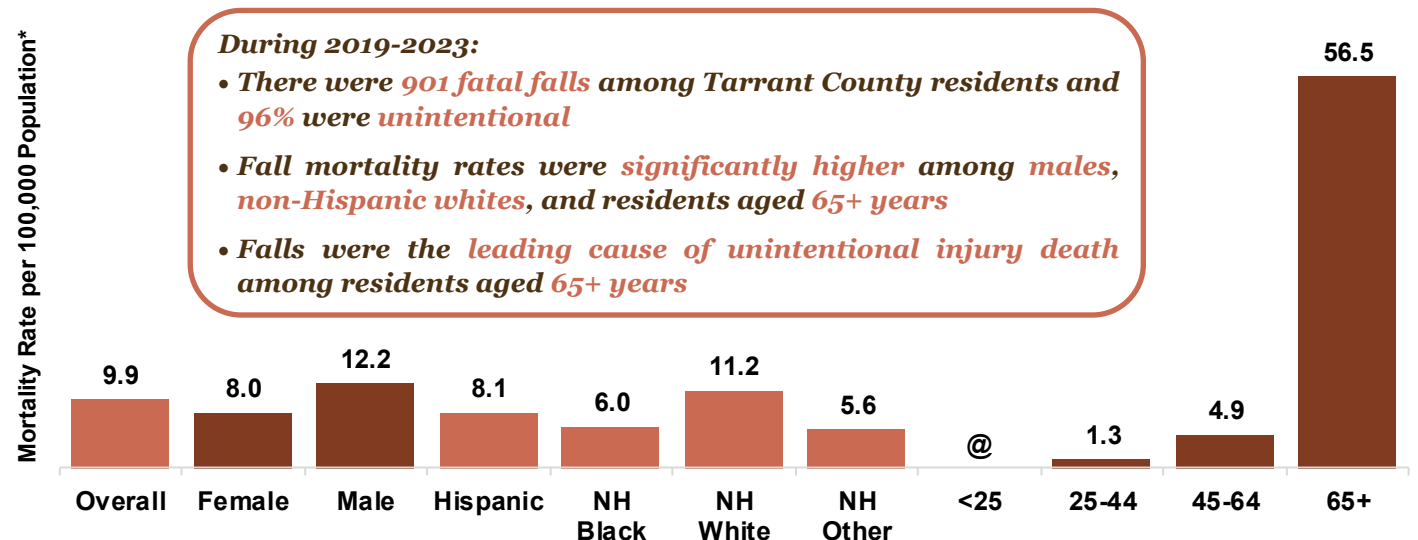
Figure 1. Fall mortality rates by geographic location, 2014-2023



There was a **significant increase** in fall mortality rates from 2014 to 2023 among Tarrant County, Texas, and U.S. residents



Figure 2. Tarrant County fall mortality rates by gender, race/ethnicity, and age group (in years), 2019-2023

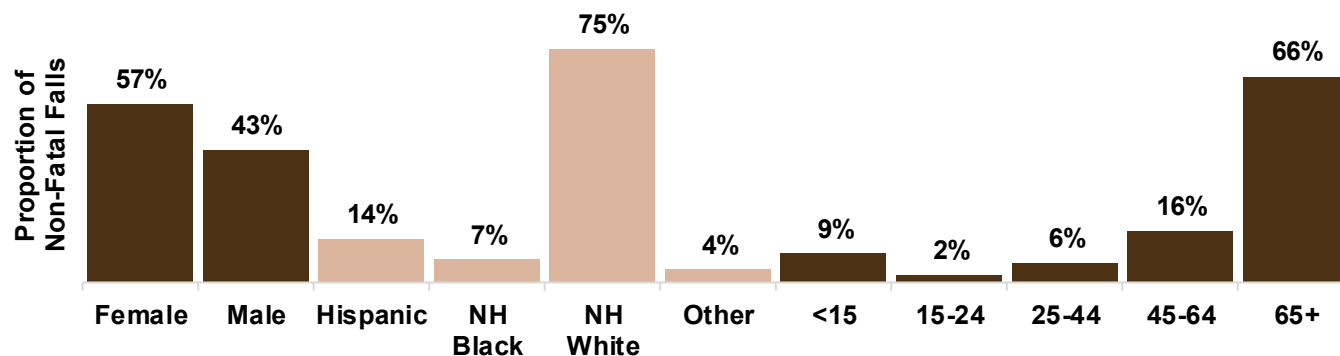


During 2019-2023:

- There were **901 fatal falls** among Tarrant County residents and **96% were unintentional**
- Fall mortality rates were **significantly higher** among **males, non-Hispanic whites, and residents aged 65+ years**
- Falls were the **leading cause of unintentional injury death** among residents aged **65+ years**

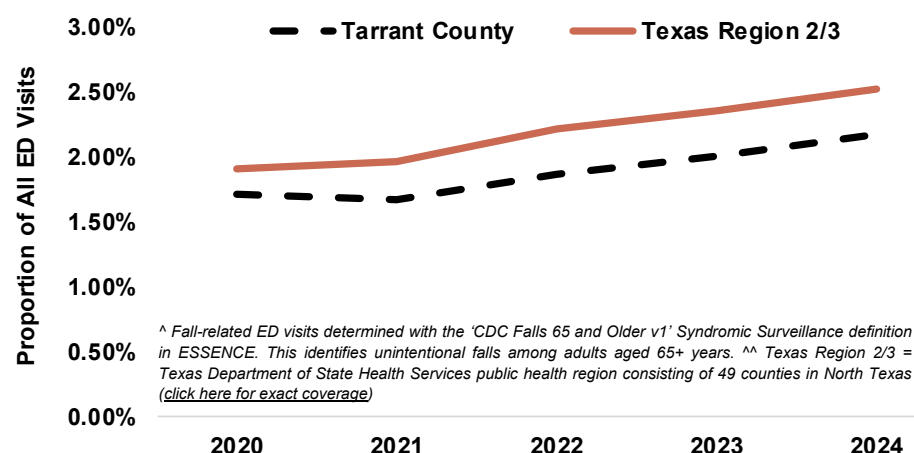
* Age-adjusted rate per 100,000 population for Tarrant County overall, gender, and race/ethnicity. Age-specific rate per 100,000 population for age groups; @ = unstable rate; NH = non-Hispanic; All significant differences detected at the 95% confidence level; Data source: Centers for Disease Control and Prevention; Data Brief provided by: Statistical Analysis Team

Figure 3. Non-fatal falls[†] reported in Tarrant County by gender, race/ethnicity, and age group (in years), 2023



In 2020, **1 in 5** Tarrant County residents aged 45 years and older reported that they *had experienced a fall* in the last 12 months ^{**}

Figure 4. Fall-related emergency department (ED) visits[^] among older adults (65+ years), Tarrant County and Texas Region 2/3^{^^}, 2020-2024



From 2020-2024, there were **over 92,500 fall-related ED visits** among Tarrant County residents aged **65+ years**

Among these visits, patients were most frequently **female**

Factors that Increase Fall Risk

- **Environment or Home** - clutter, throw rugs, poor lighting, unsafe foot wear, unstable furniture, wet or uneven floors, missing/ineffective safety equipment, hazardous working conditions (heights), etc.
- **Personal Traits** - age, fall history, limited physical activity, chronic health conditions, difficulties with balance, mobility, vision, hearing, or cognition, Vitamin D deficiency, medication/drugs and their side effects, alcohol consumption, risk taking behaviors, etc.

How Older Adults Can Prevent Falls:

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

Fall Prevention Education and Resources

Aging & Disability Resource Center of Tarrant County
[tarrantcountyadrc.org]

Centers for Disease Control and Prevention

- [cdc.gov/falls/about/index.html]
- [cdc.gov/steady/index.html]
- [cdc.gov/still-going-strong/about/index.html]

National Council on Aging
[ncoa.org/older-adults/health/prevention/falls-prevention]

National Institute on Aging
[nia.nih.gov/health/falls-and-falls-prevention]

Sixty and Better [sixtyandbetter.org]

Texas Health and Human Services

- [hhs.texas.gov/providers/long-term-care-providers/nursing-facilities-nf/quality-monitoring-program-qmp/evidence-based-best-practices/fall-prevention-management]
- [hhs.texas.gov/services/health/wellness-programs/texercise]