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FLORIDA HEALTH PROMOTES FALLS PREVENTION TO KEEP OLDER ADULTS SAFE AND INDEPENDENT



Contact:

Communications Office

NewsMedia@flhealth.gov

850-245-4111

Tallahassee, Fla.—The Florida Department of Health in Brevard County (DOH-Brevard) is promoting the importance of falls prevention among older adults for the 9th annual Falls Prevention Awareness Day celebrated on Sept. 22, 2016, the first day of fall. This year's theme is focused on supporting ready, steady and balanced lifestyles for older adults.

"We value the older adults in our community," stated DOH-Brevard Interim Administrator Miranda Hawker. "DOH-Brevard partners with Brevard Commission on Aging to address the needs and concerns of our elder citizens, including falls prevention."

Unintentional falls are the leading cause of fatal and non-fatal injuries among Florida residents ages 65 years and older. In 2014, 2,445 older adults were fatally injured in a fall and there were an additional 50,730 residents hospitalized for non-fatal injuries.

According to the National Council on Aging (NCOA), there are several measures that can reduce the risk of falls:

- Exercise regularly. NCOA cites several evidence-based programs that are proven to help older adults reduce their risk, including Tai Chi and the Otago program.
- Consult with a health care professional about a fall risk assessment.
- Have medications reviewed by a doctor or pharmacist.
- Get eyes and ears checked at least annually.
- Ensure the home environment is safe and hazard free.

AARP and Aging Matters in Brevard are offering a HomeFit Seminar Thursday, September 22, 2016 from 11:00 a.m. to 1:30 p.m. See the attached brochure or email info@agingmattersbrevard.org for additional information.

For more information, please visit the department's Injury Prevention Section [website](#) for Older Adults Falls Prevention.

About the Florida Department of Health

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