



A MINUTE OF HEALTH WITH CDC

Watch Your Step

Traumatic Brain Injury-Related Emergency Department Visits, Hospitalizations, and Deaths — United States, 2007 and 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

As we get older, getting around can become more difficult. One growing risk to the well-being of older Americans is traumatic brain injuries caused by falling. Blows to the head can cause concussions or other brain injuries that can result in permanent disability or death. For people over 75, the most common cause of serious brain injury is falls. Older adults are more susceptible to tripping or slipping while walking, using stairs, getting out of bed, or bathing. Regular physical activity to maintain or improve balance and agility can help older people stay mobile and avoid serious injury. In addition, removing objects that could be tripped over and arranging furniture to make navigating the home safer can help prevent falls.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.