



A MINUTE OF HEALTH WITH CDC

Take Steps to Prevent Falls

Falls and Injuries Among Adults Aged ≥65 Years — United States, 2014

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

For older adults, falls can cause serious injury, loss of independence, or even death. More than one in four adults U.S. adults over 65 fell at least once in the preceding year. Seven million caused injuries serious enough to need medical treatment or limit activity for at least a day. The risk of falling increases as we age, but steps *can* be taken to prevent falls. Talk openly with your health care provider about fall risks, including medications that might increase your risk, and ways to help prevent falls, including supplements, like vitamin D, and exercises, like tai chi, which can improve strength and balance.

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.