

Senior Fall Injuries San Diego County East Region



Emergency Medical Services

October 2, 2008

Falls Among Seniors

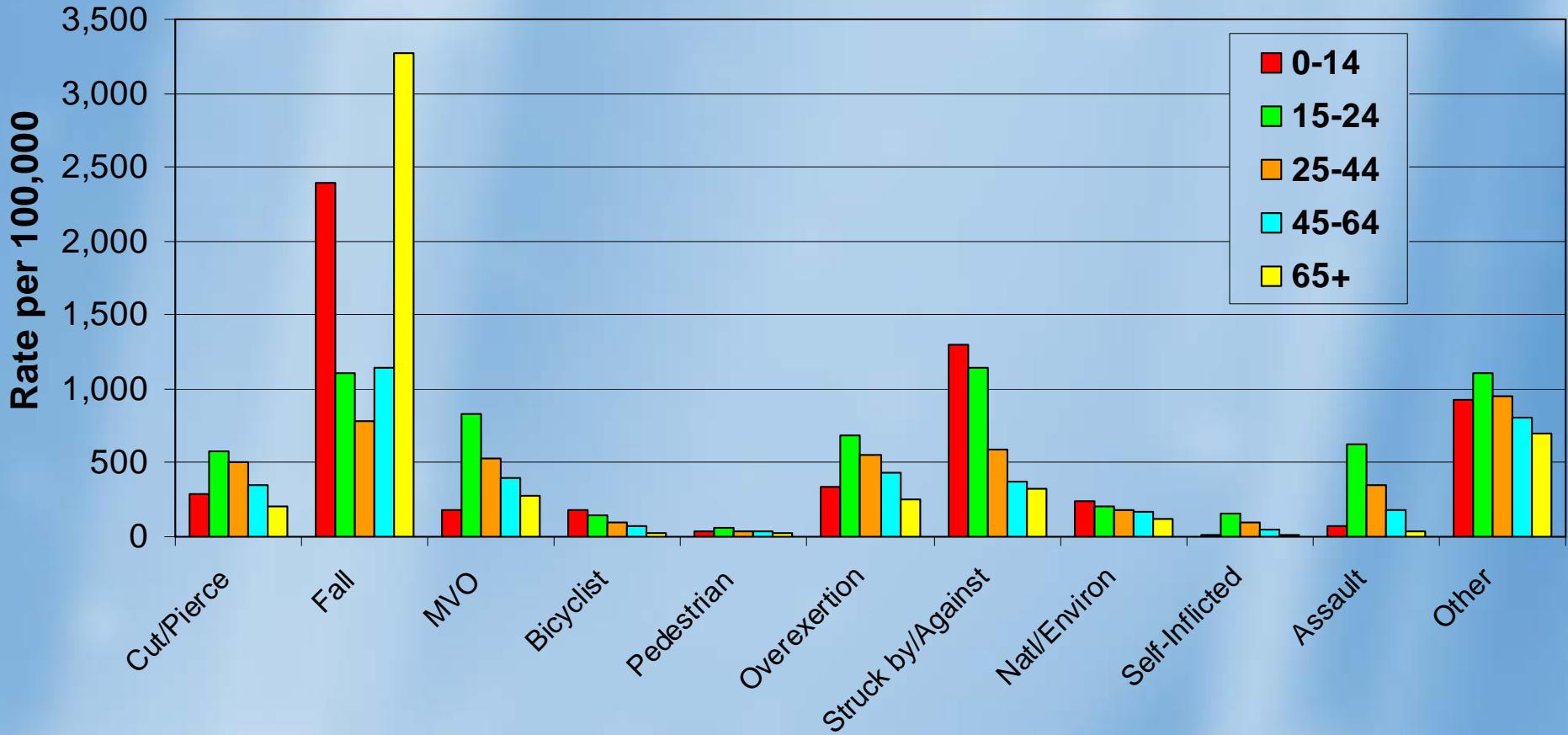
- There are currently **351,317** residents of San Diego County ages 65+ years.
 - **54,743** of these seniors (**16%**) live in the East Region.
 - **40% (21,897)** will fall within the next 12 months.
 - Of these, **75% (16,422)** will fall a second time within six months of the initial fall.
 - **20% to 30% (4,379 to 6,569)** will suffer injuries that will make it difficult to get around or live alone.

Population Projections – 65+ Years San Diego County, East Region



Falls are the leading cause
of ED discharge for an
injury among the elderly in
San Diego County

Injury ED Discharges by Cause and Age, San Diego County, 2007

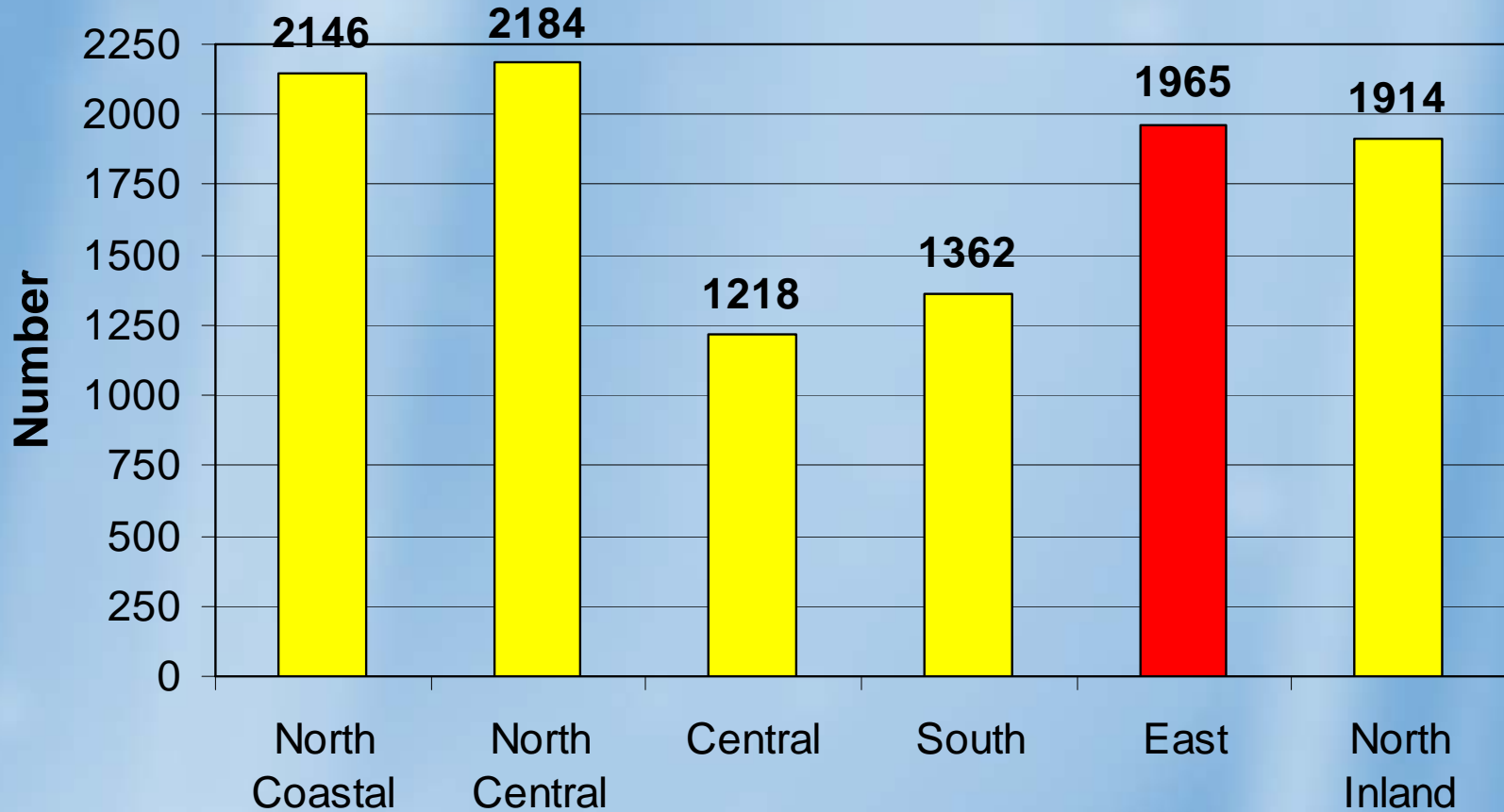


Leading Causes of Injury ED Discharge by Age, 55+ years, East Region, 2007

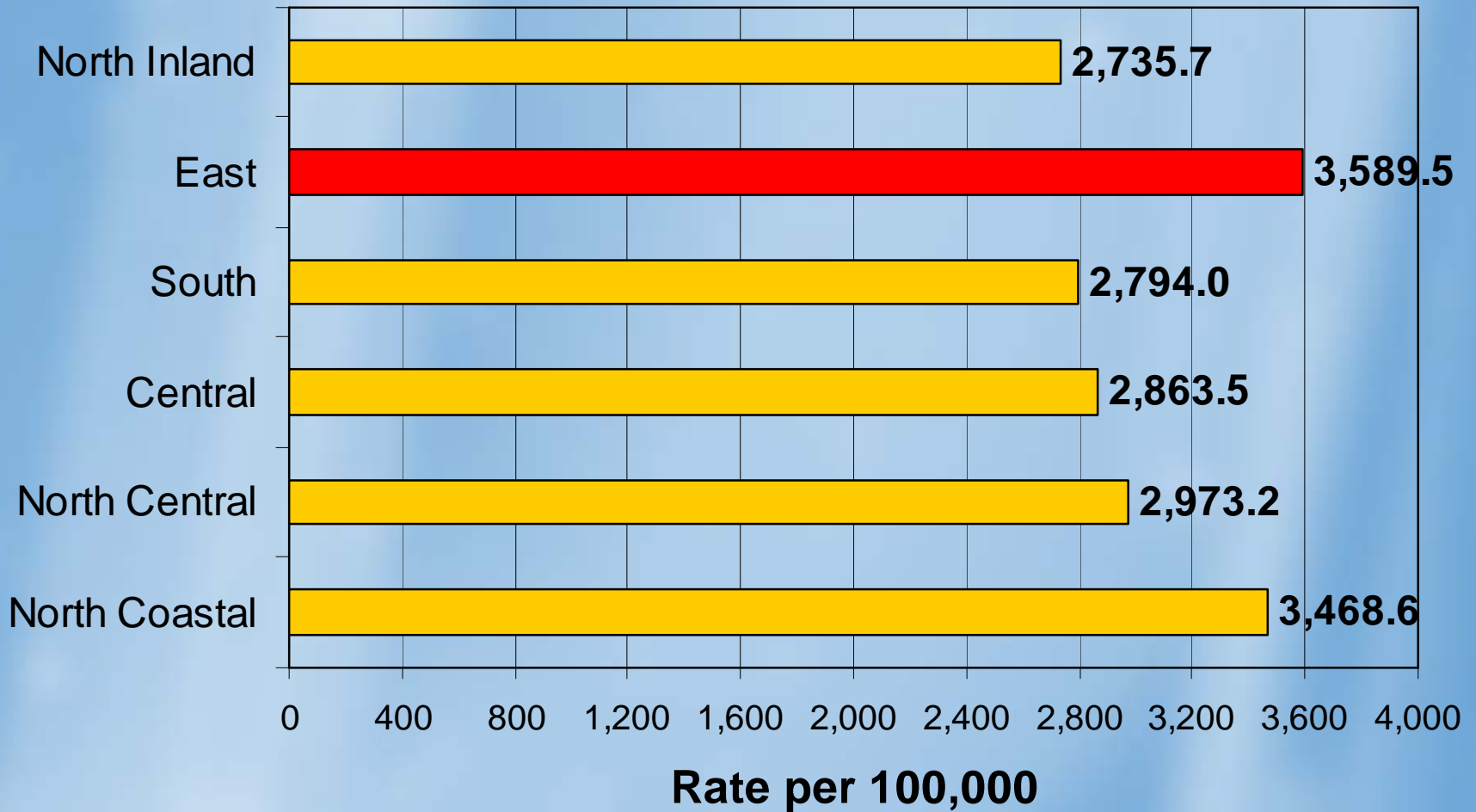
Age Group of Victim	Rank of Cause of Injury				
	1	2	3	4	5
55-64	Fall 737	MVO 188	Cut/Pierce 186	Overexertion 151	Struck by/Against 147
65-74	Fall 542	Struck by/Against 74	MVO 64	Cut/Pierce 57	Overexertion 55
75-84	Fall 783	MVO 63	Struck by/Against 61	Overexertion 51	Cut/Pierce 31
85+	Fall 640	Struck by/Against 36	MVO 30	Overexertion 20	Cut/Pierce 15

*Cause and total number of ED discharges are listed for each injury.

Number of ED Discharges With a Fall Injury by Region of Residence, 65+ Years, 2007



Rate of ED Discharge With a Fall Injury by Region of Residence, 65+ Years, 2007

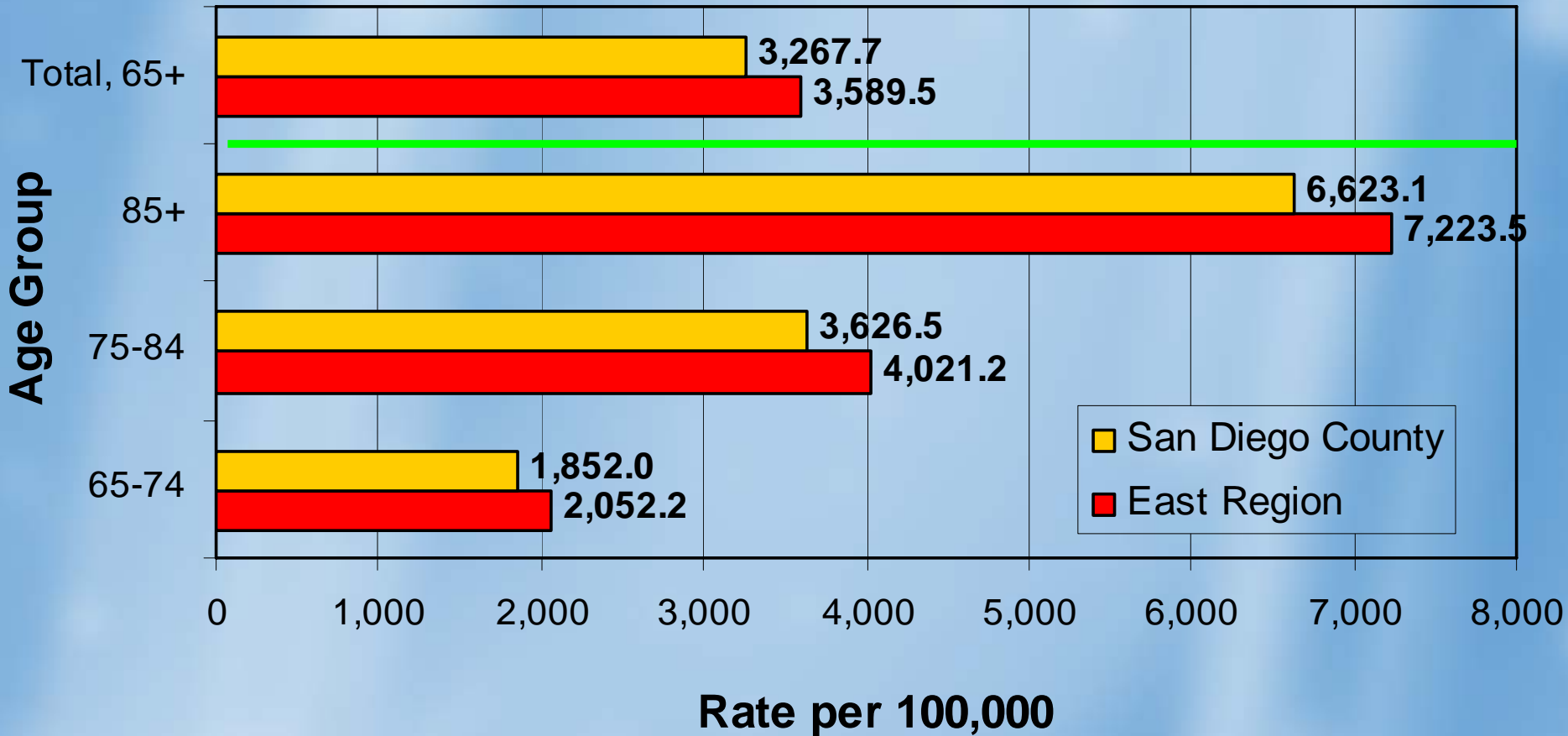


SD County:
3,248.5 per 100,000

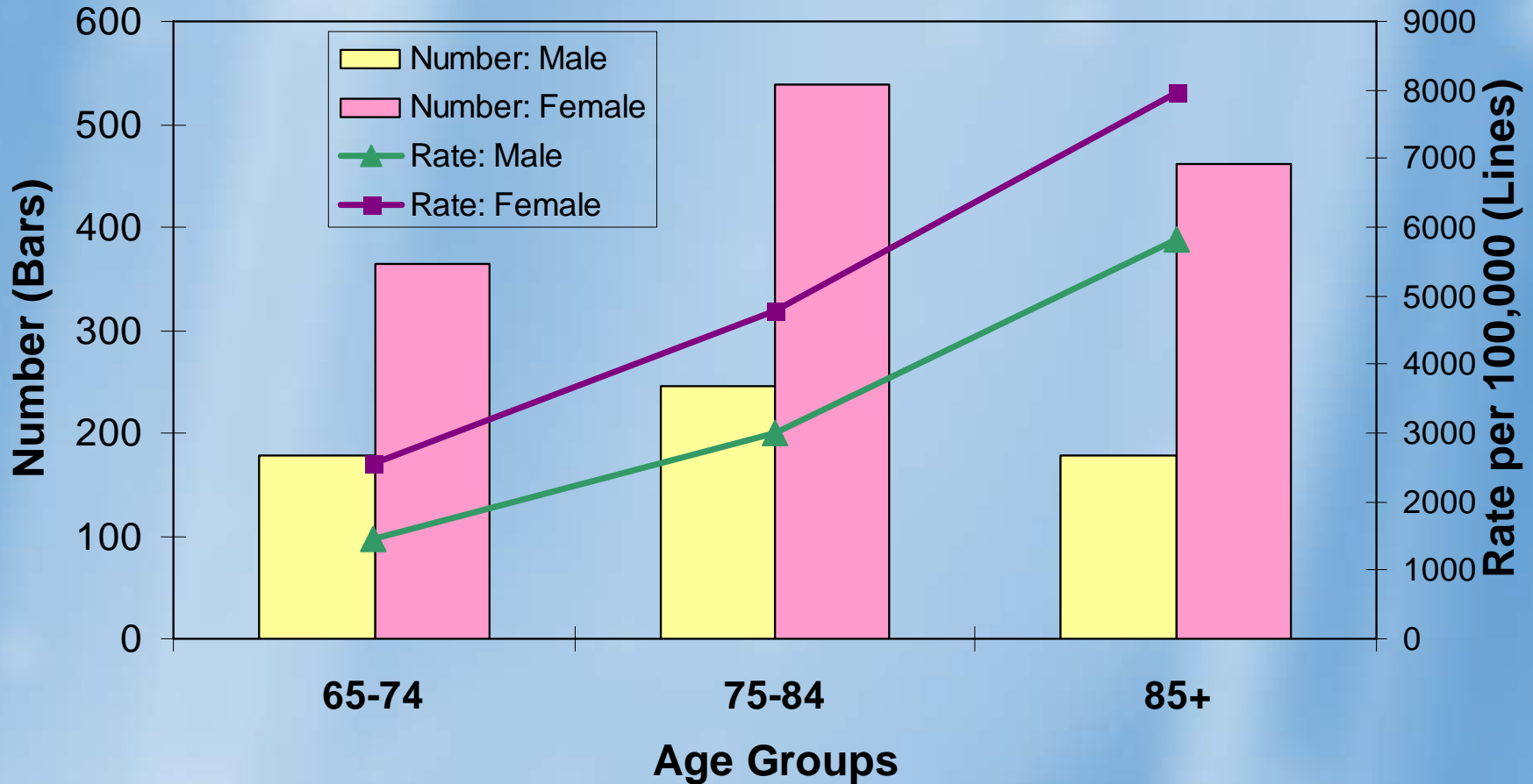
Number of ED Discharges With a Fall Injury by Age Group, East Region, 2007



Rate of ED Discharge With a Fall Injury by Age, East Region vs. San Diego County, 2007



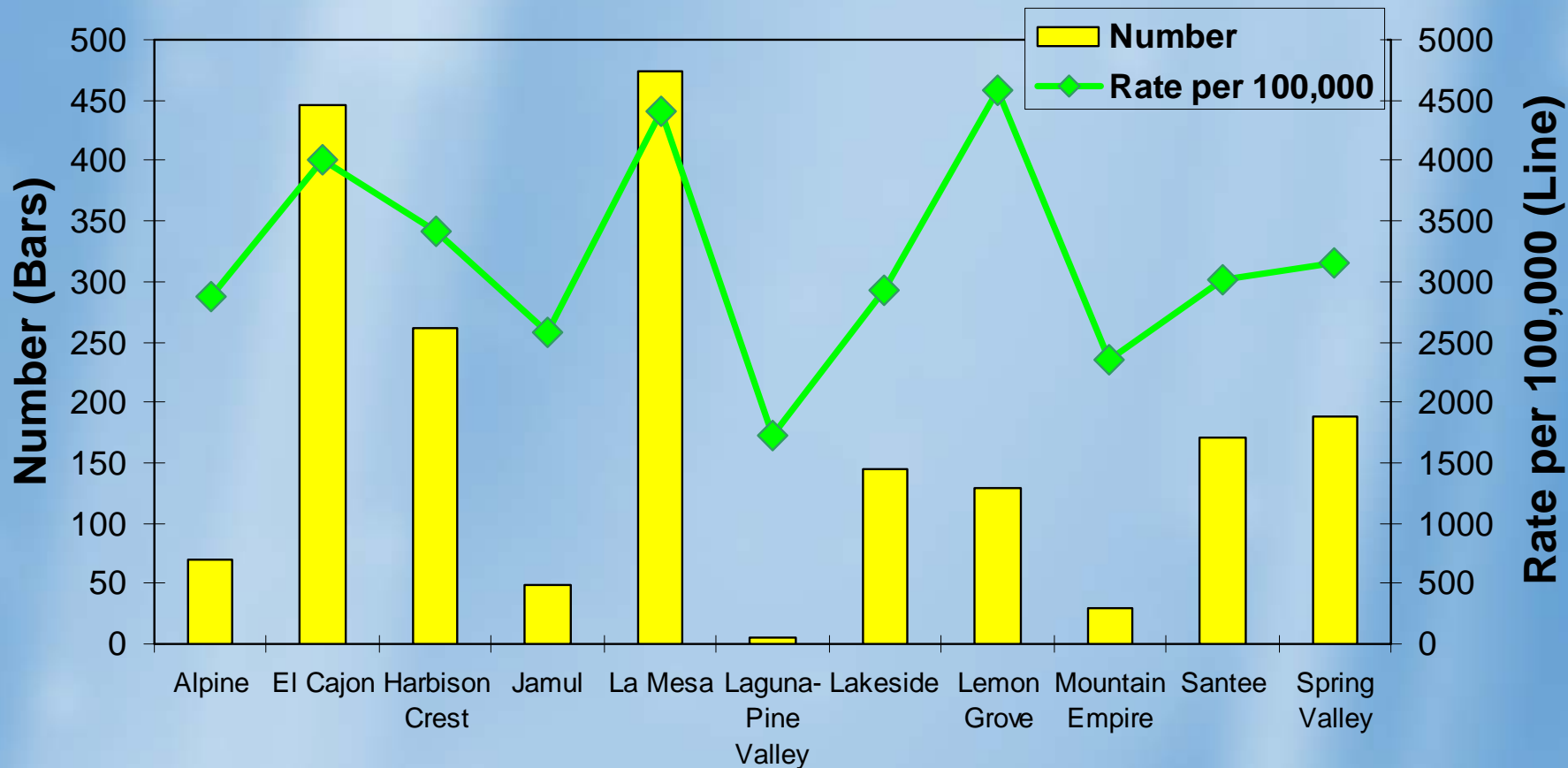
Number and Rate of ED Discharge With a Fall Injury by Age Group and Sex, East Region, 2007



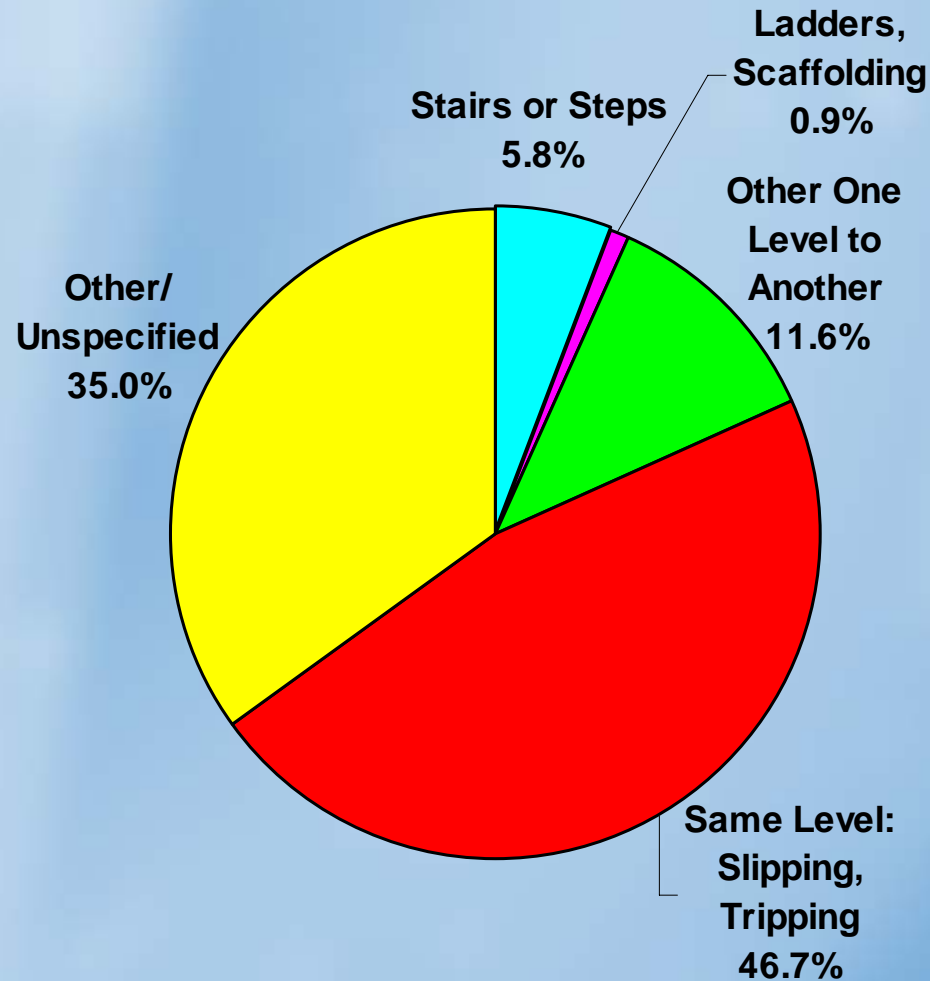
Number of Fall Related ED Discharges by Day of Week, East Region, 65+ Years, 2007



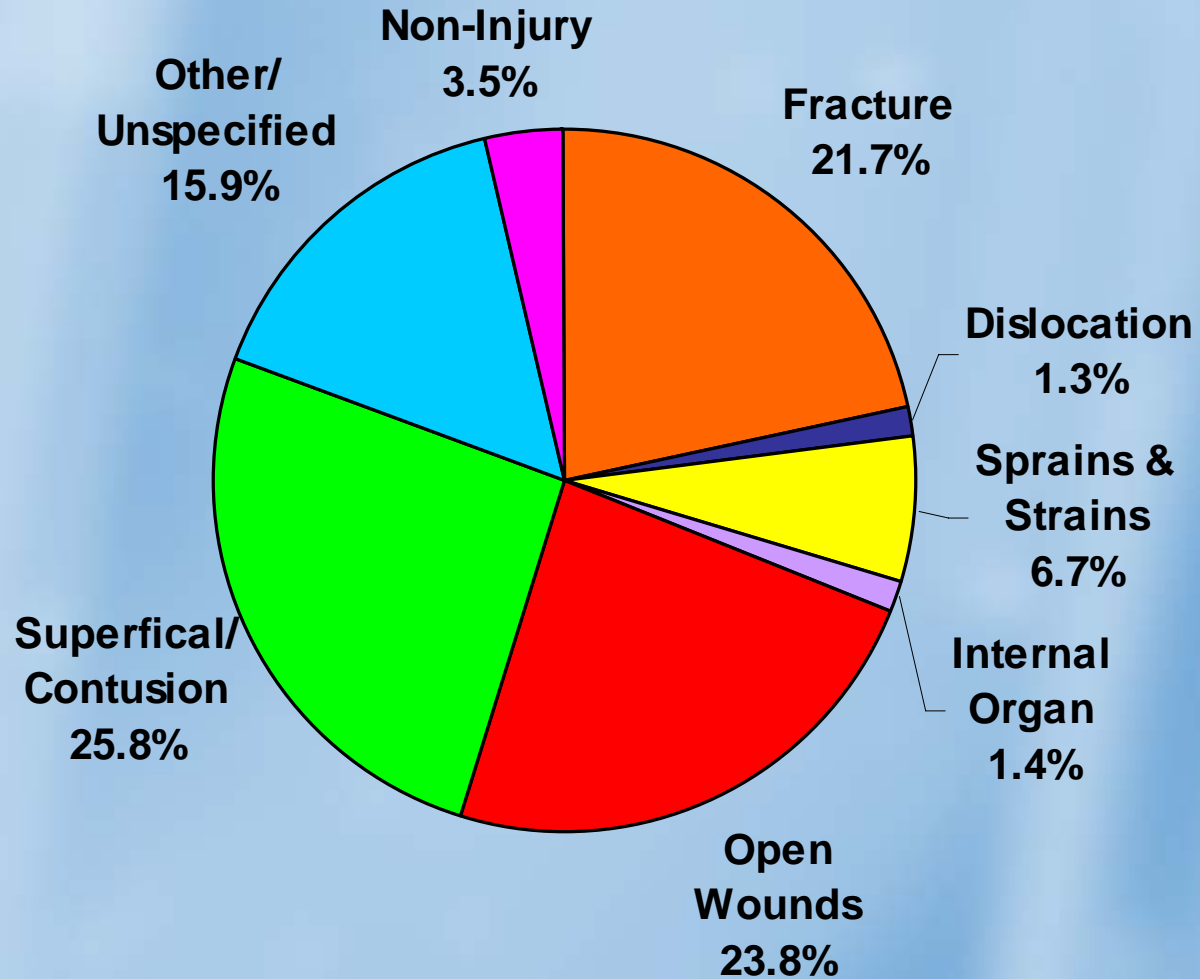
Number & Rate of ED Discharge With a Fall Injury by Community, East Region, 65+ Years, 2007



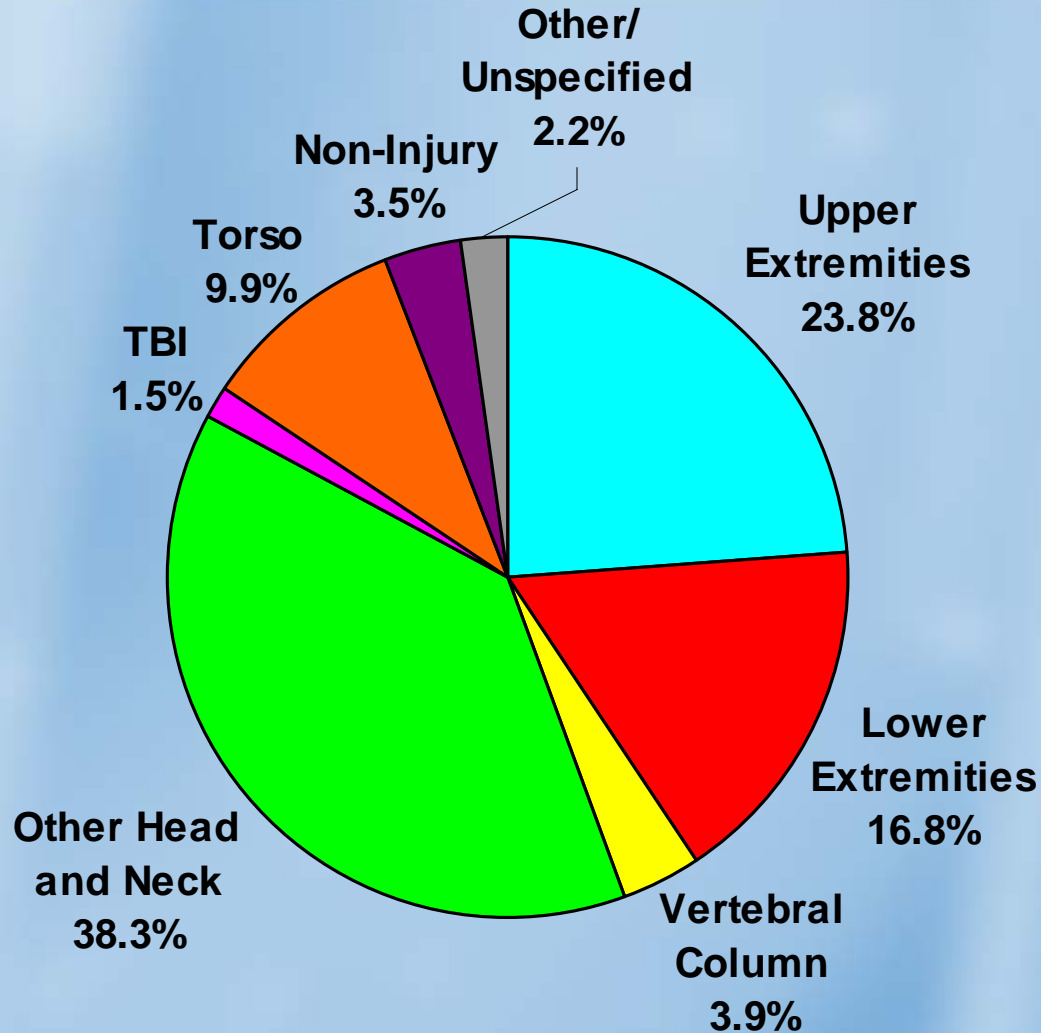
Percent of ED Discharges With a Fall Injury by Mechanism, East Region, 65+ Years, 2007



Percent of ED Discharges With a Fall Injury by Nature of Injury, East Region, 65+ Years, 2007



Percent of ED Discharges With a Fall Injury by Body Part Injured, East Region, 65+ Years, 2007



Importance of the ED

- Three out of four seniors who fall will have a second fall within six months.
- ED is an entry point to the system
 - Opportunity for intervention and education
 - Fear
 - Medication management
 - Home modification
 - Address health conditions that may contribute to a fall

20% to 30% of those
who fall suffer
moderate to severe
injuries such as hip
fractures or head
traumas.

Leading Causes of Unintentional Injury Hospitalization by Age Group of Victim, San Diego County, 2006

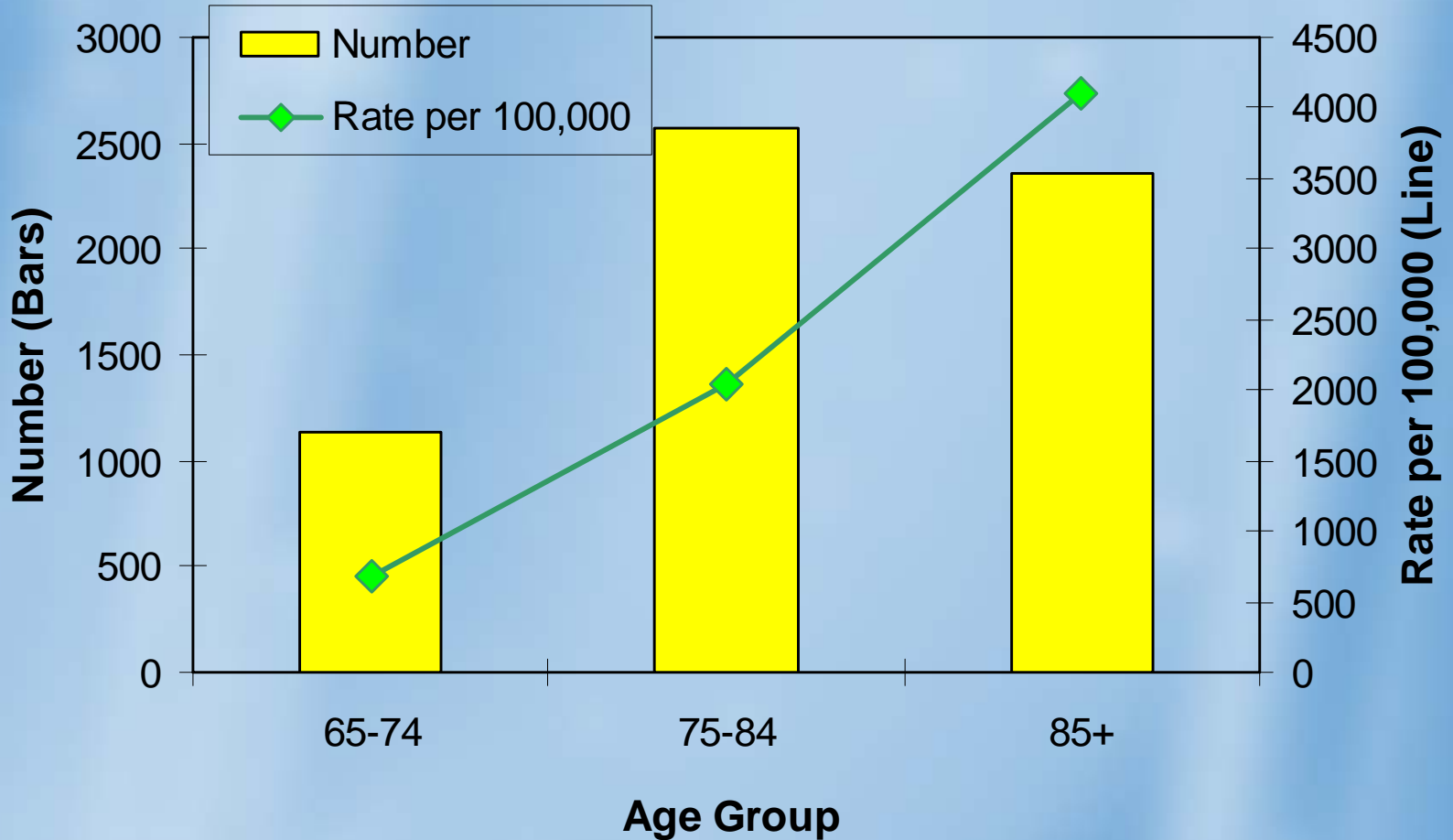
Age Group of Victim	Rank of Cause of Injury				
	1	2	3	4	5
55-64	Fall 879	MVO 186	Poisoning 123	Natural/ Environmental 69	Struck by/Against 48
65-74	Fall 1131	MVO 102	Poisoning 96	Natural/ Environmental 38	Struck by/Against 37
75-84	Fall 2571	Poisoning 133	MVO 122	Natural/ Environmental 45*	Struck by/Against 45*
85+	Fall 2354	Poisoning 57	MVO 49	Struck by/Against 36	Suffocation 24

*Tie for fourth

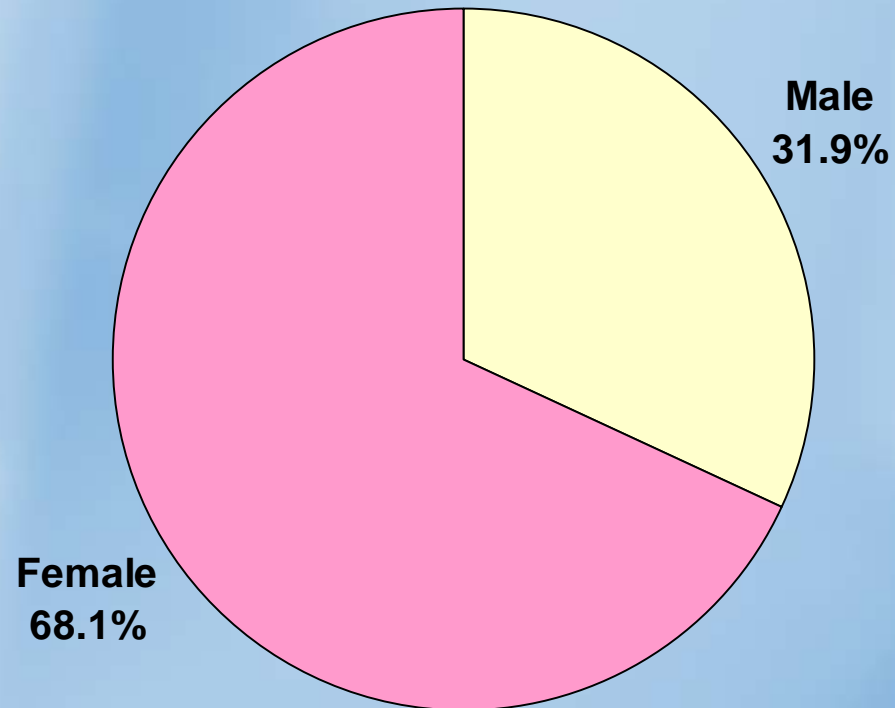
Nonfatal Unintentional Injury Hospitalizations: San Diego County

- In 2006, the most common nonfatal unintentional injury hospitalization among people aged 65+ years was due to a fall (n=6,056).
 - 17 people per day
 - Average LOS: 5 days
- The second most common nonfatal unintentional injury hospitalization was due to poisoning (n= 286).

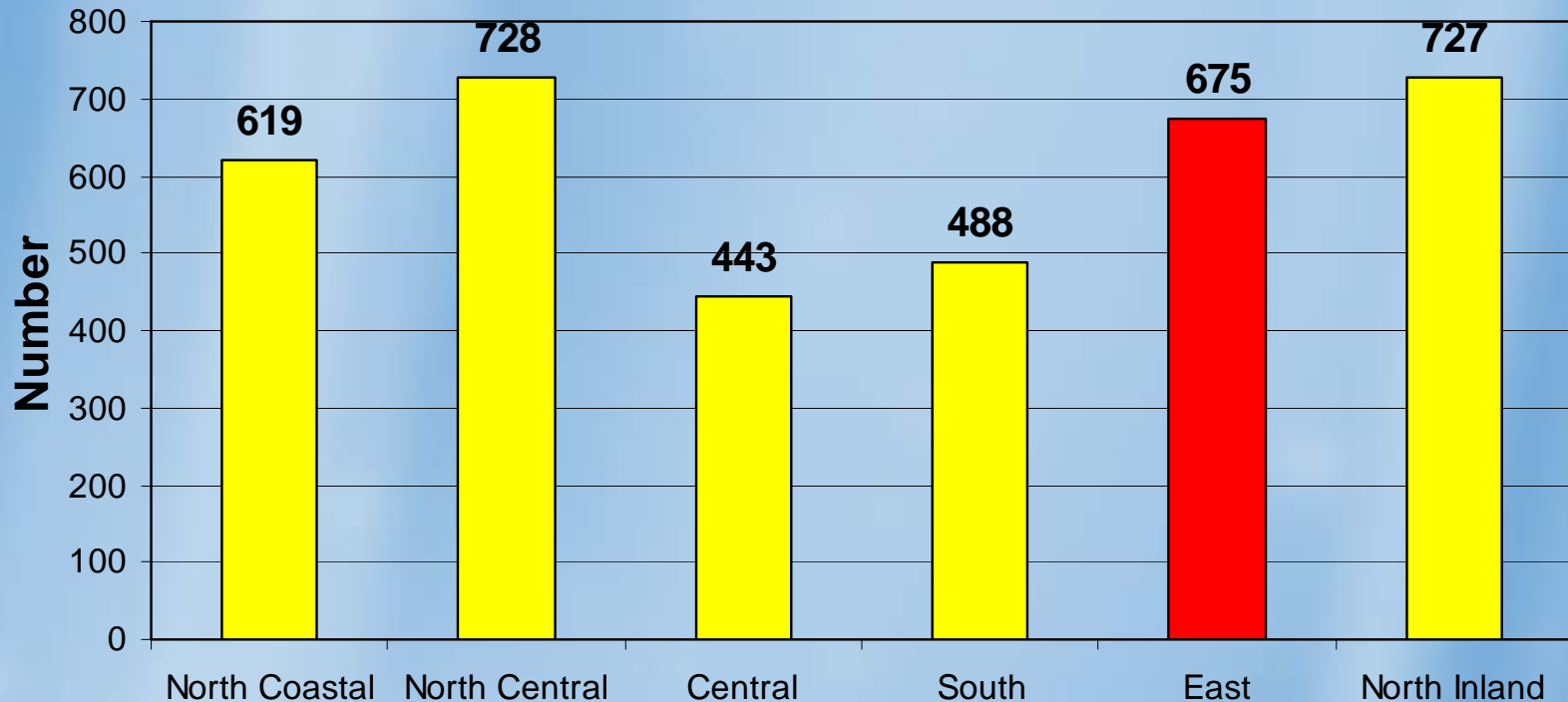
Number and Rate of Fall Hospitalizations by Age Group, San Diego County, 65+ Years, 2006



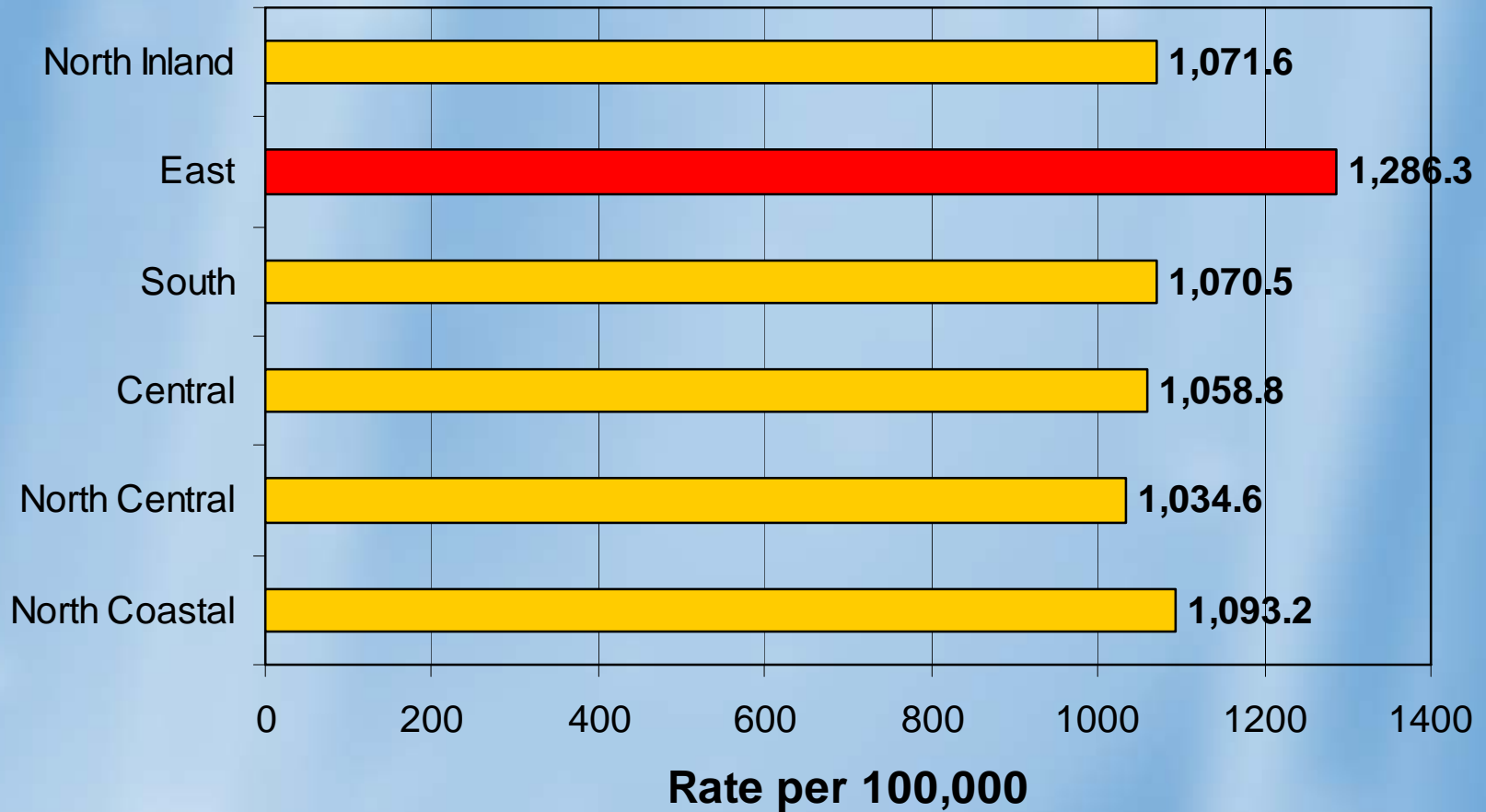
Percent of Fall Hospitalizations by Sex, San Diego County, 65+ Years, 2006



Number of Fall Hospitalizations by Region of Residence, San Diego County, 65+ Years, 2005

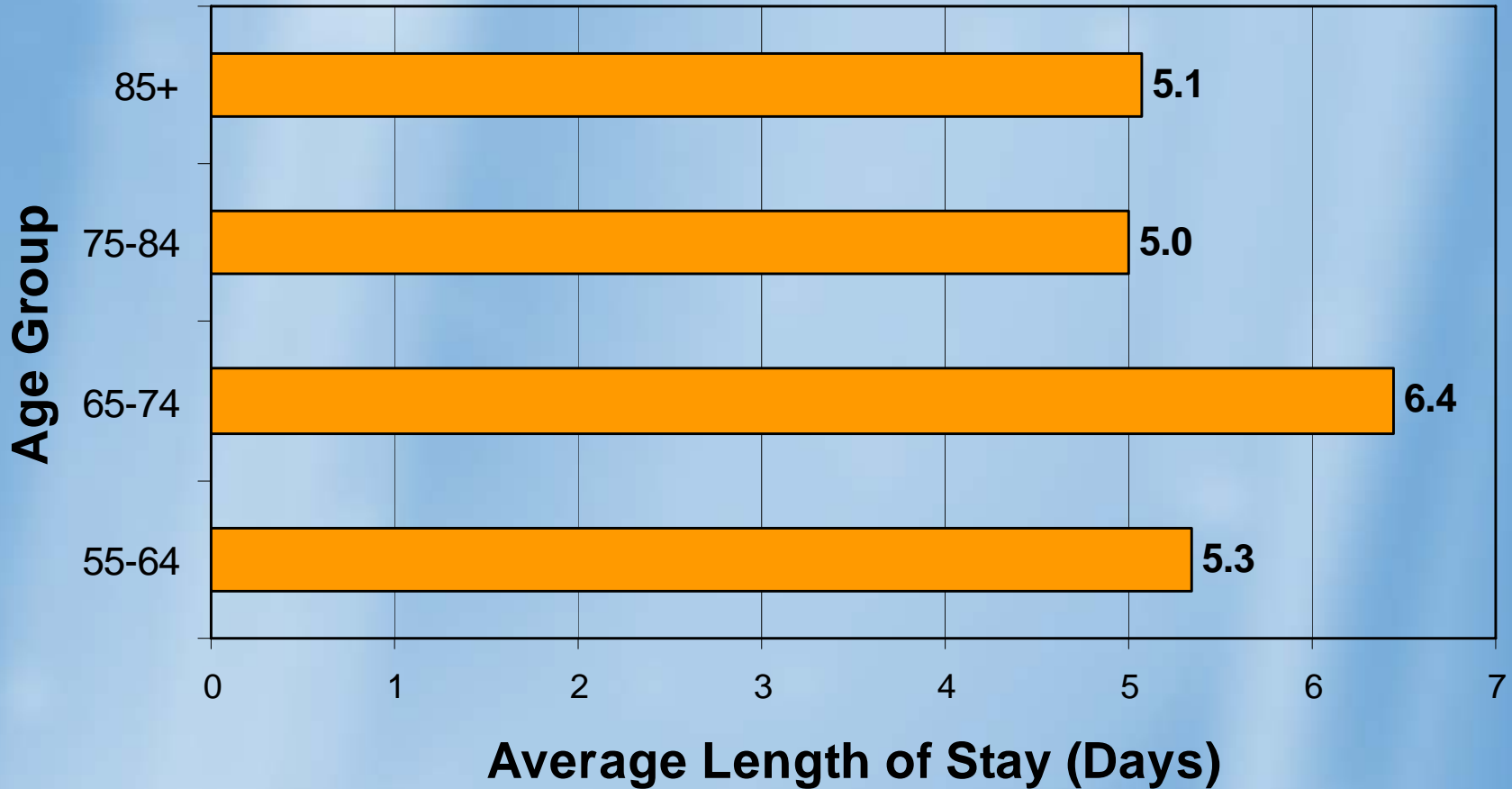


Rate of Fall Hospitalizations by Region of Residence, 65+ Years, 2005

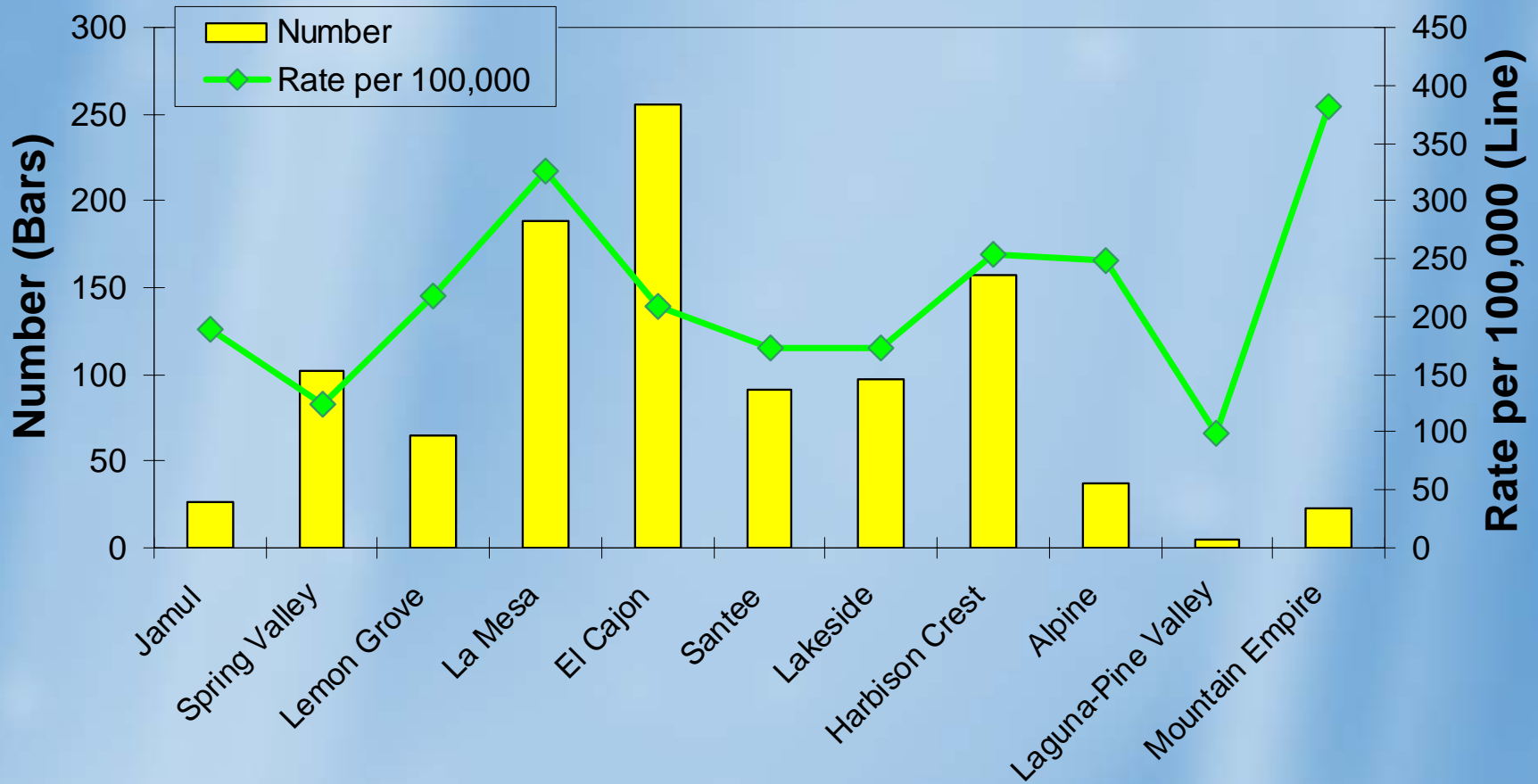


Source: Hospital Discharge Data (CA OSHPD), County of San Diego, Health and Human Services Agency, Community Epidemiology; Fall Related Hospitalization refers to primary ICD-9 E-Codes E880-E886, E888; SANDAG, Current Population Estimates, 9/27/2006.

Average Length of Stay for Fall Hospitalizations by Age Group, San Diego County, 2006

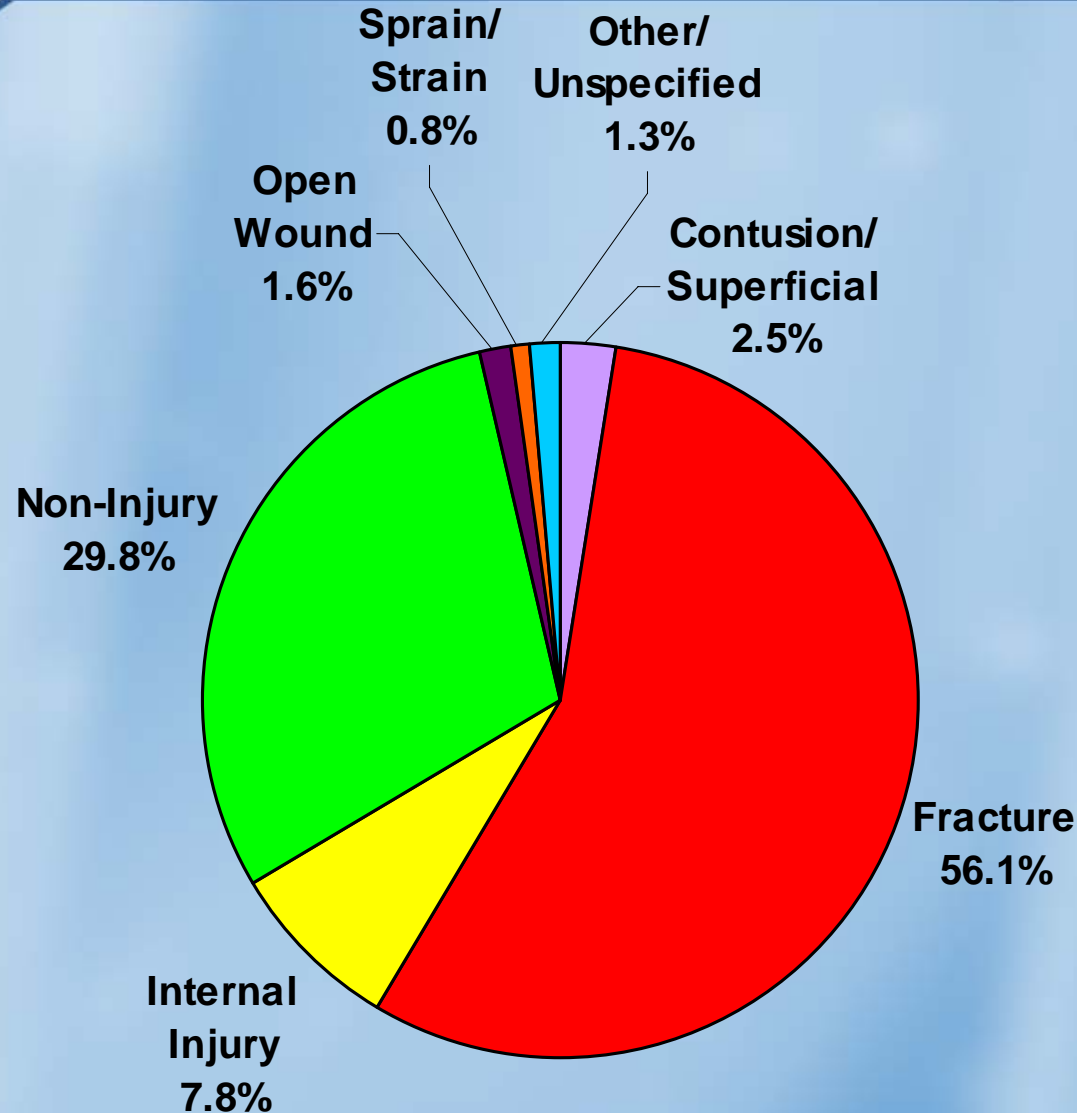


Number and Rate of Fall Hospitalizations by Community, HHSA East Region, 2005

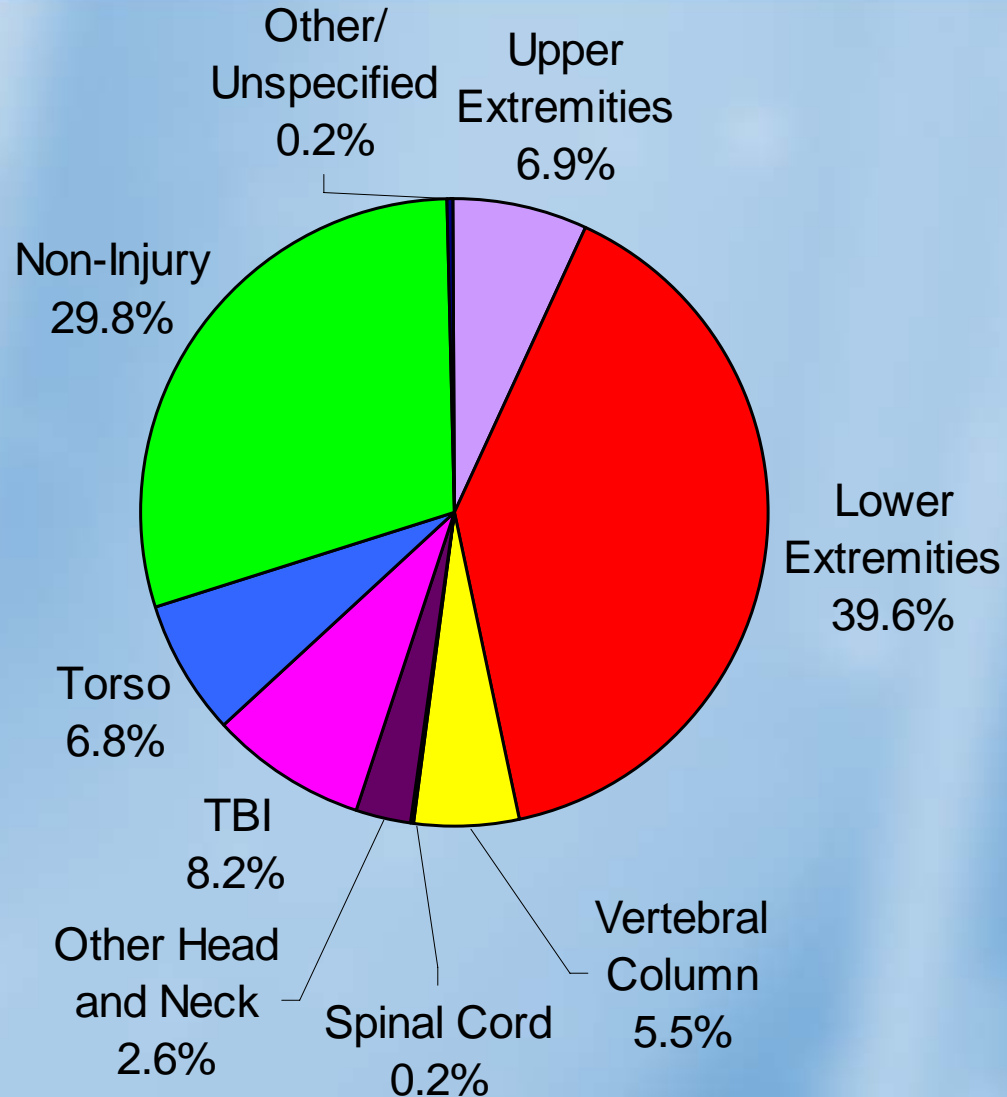


Source: Hospital Discharge Data (CA OSHPD), County of San Diego, Health and Human Services Agency, Community Epidemiology; Fall Related Hospitalization refers to primary ICD-9 E-Codes E880-E886, E888; SANDAG, 2005 Population Estimates.

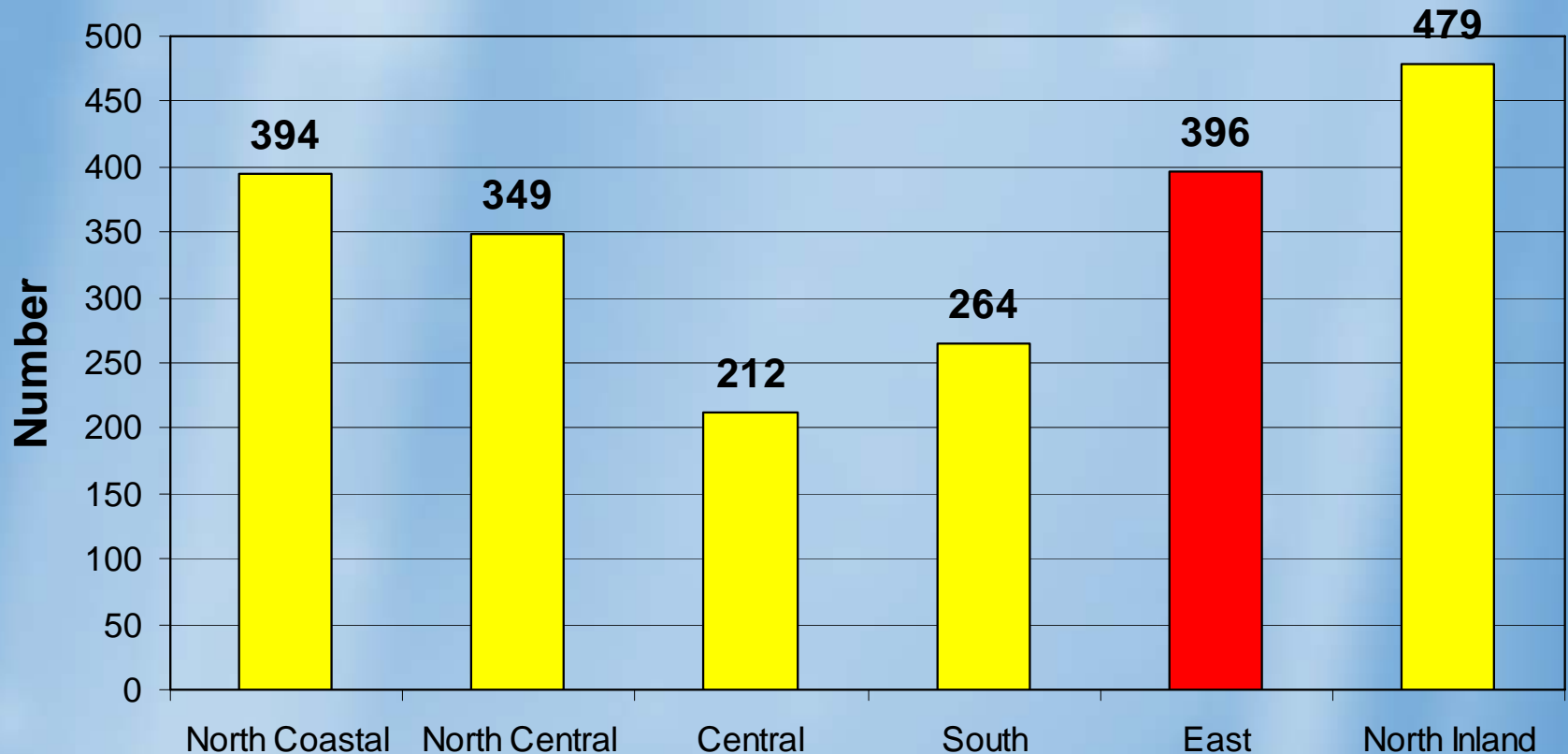
Percent of Fall Hospitalizations by Nature of Injury, East Region, 65+ Years, 2006



Percent of Fall Hospitalizations by Body Part Injured, East Region, 65+ Years, 2006

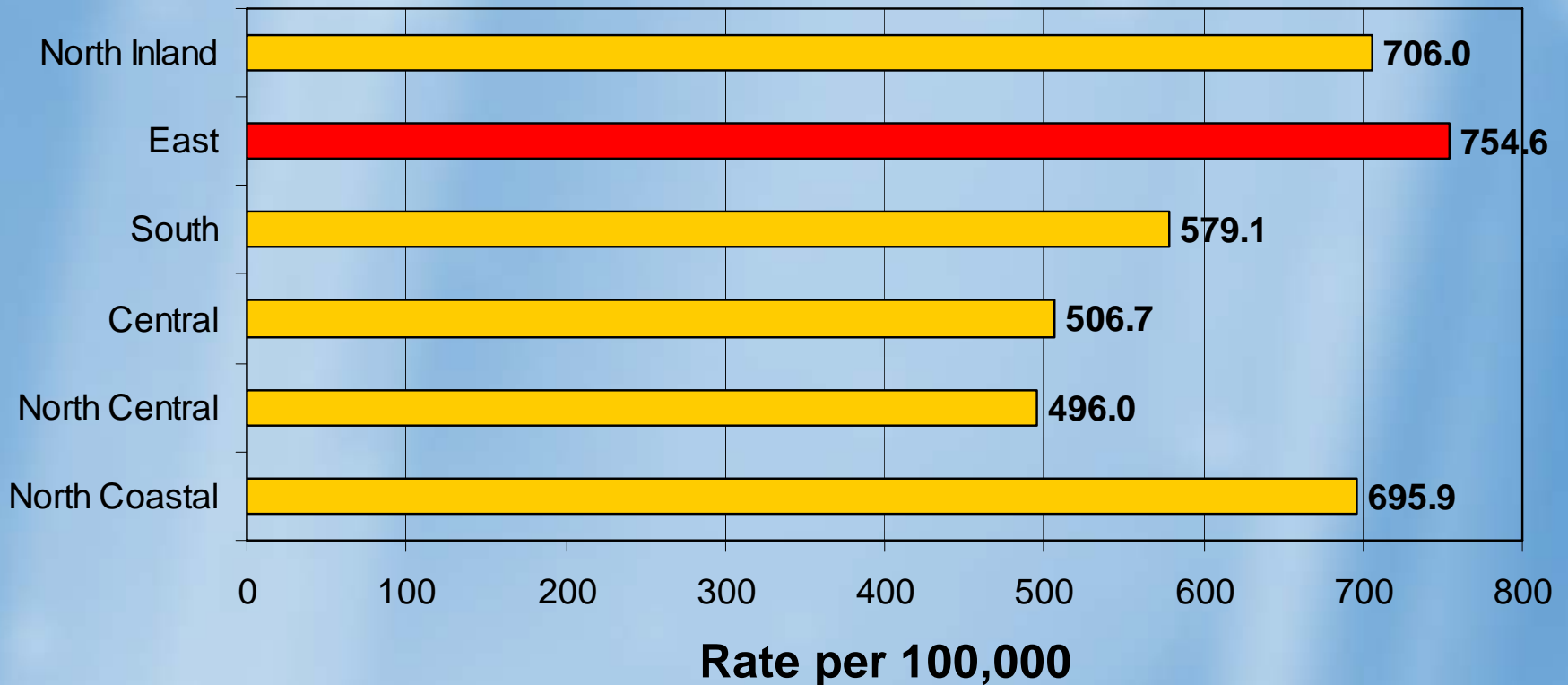


Number of Hip Fracture Hospitalizations by Region of Residence, 65+ Years, 2005

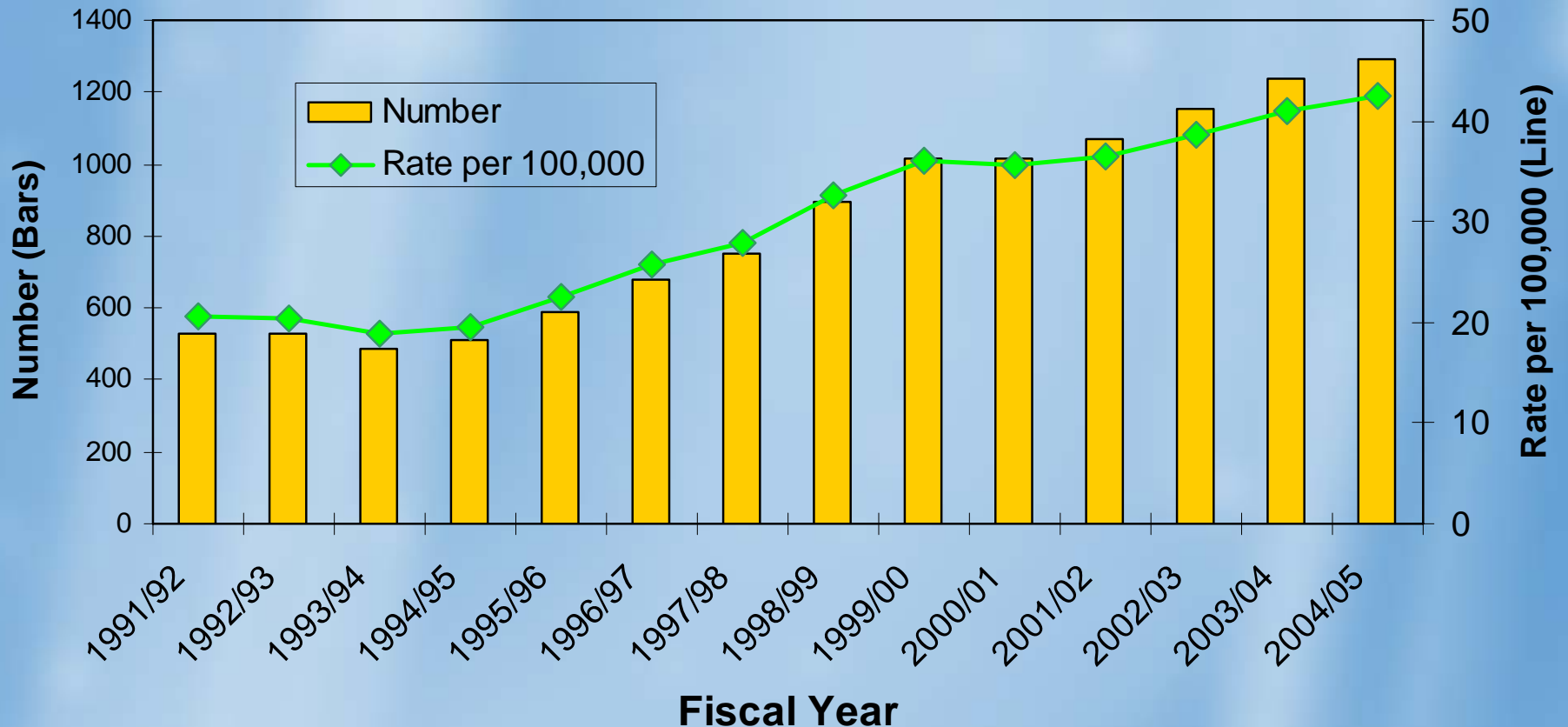


Source: Hospital Discharge Data (CA OSHPD), County of San Diego, Health and Human Services Agency, Community Epidemiology; Fall Related Hospitalization refers to primary ICD-9 E-Codes E880-E886, E888.

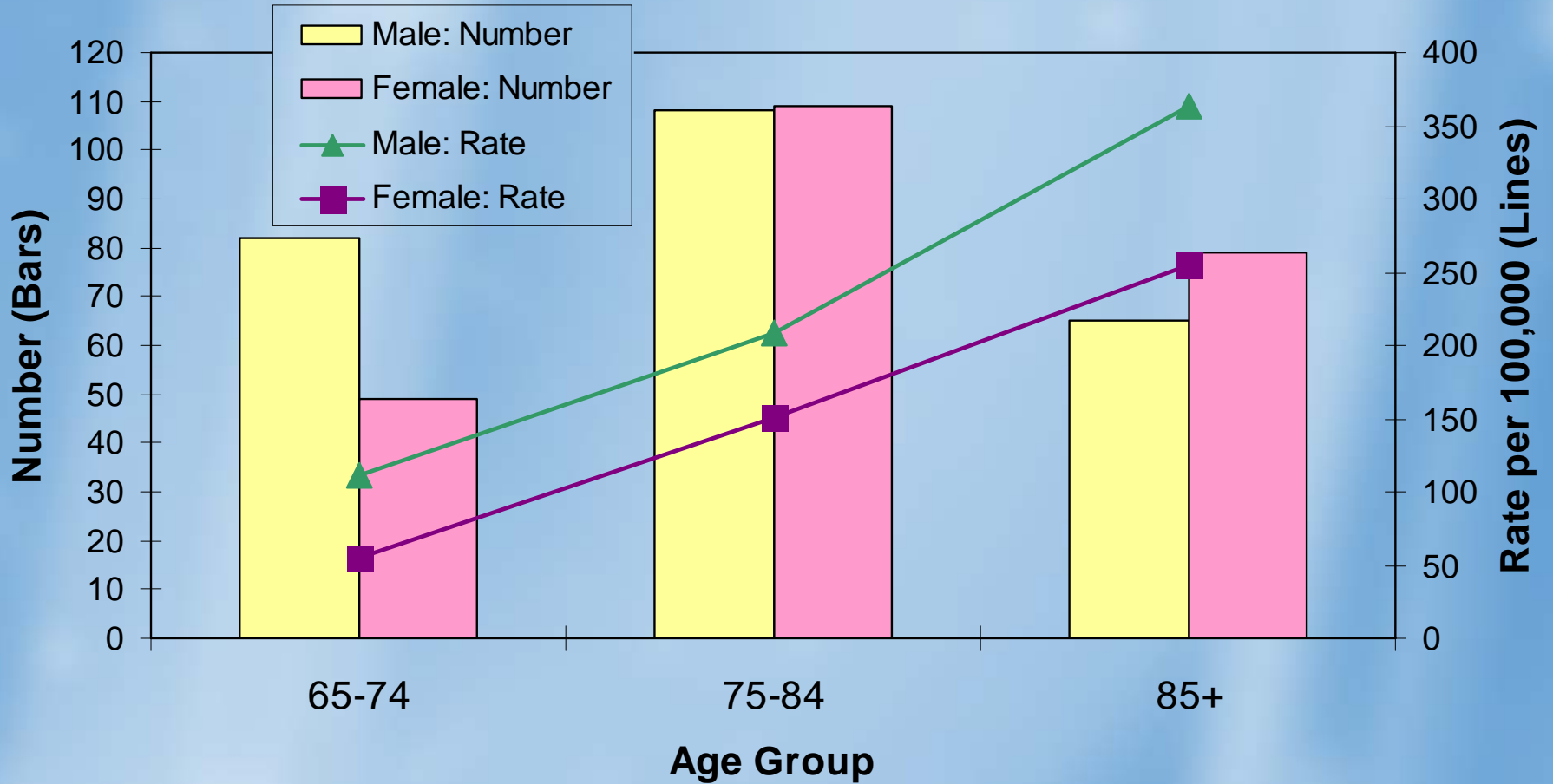
Rate of Hip Fracture Hospitalizations by Region of Residence, 65+ Years, 2005



Number and Rate of Major Trauma Patients With a Fall Injury by Fiscal Year, San Diego County, FY 2004/05

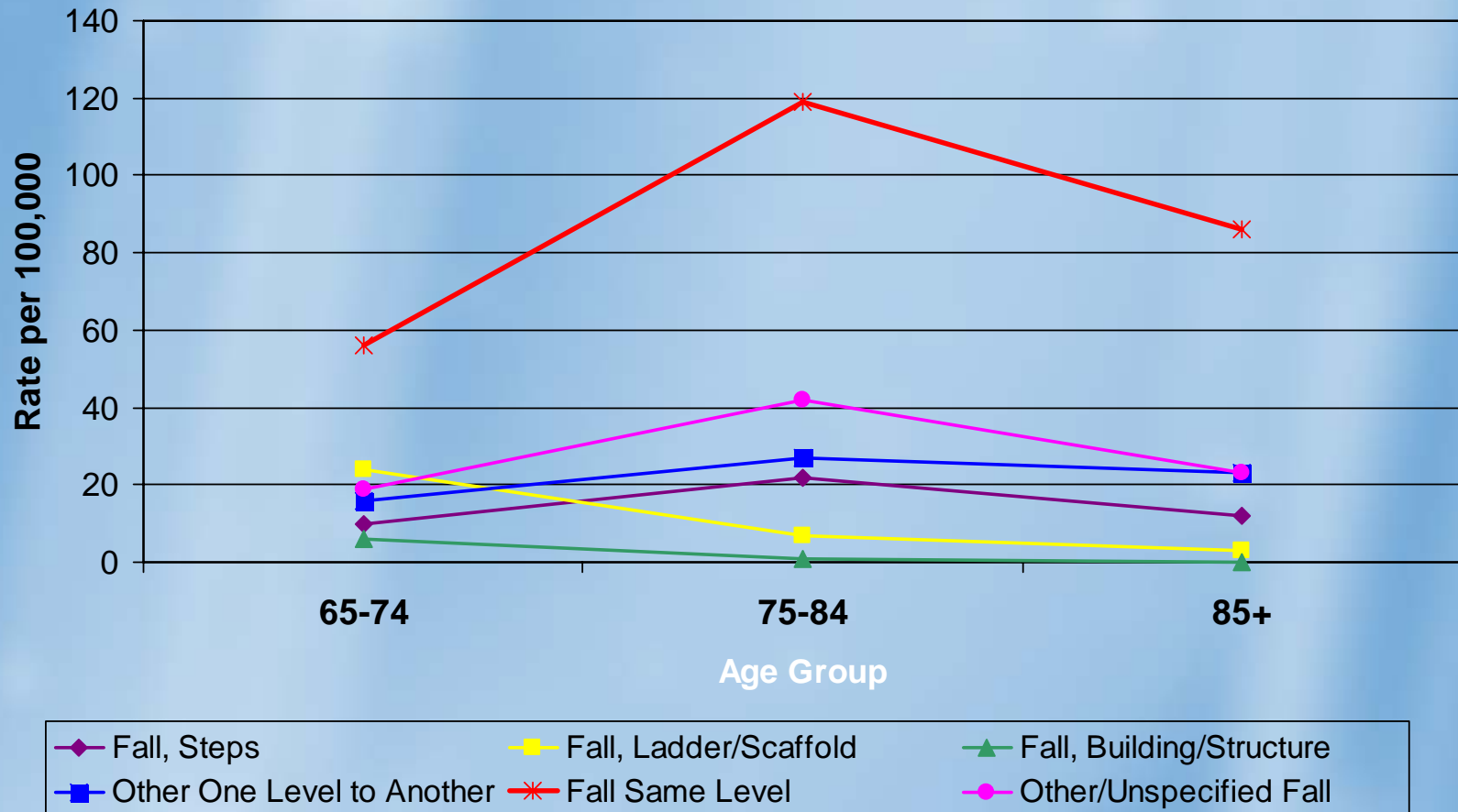


Number and Rate of Major Trauma Patients With a Fall Injury by Age Group and Sex, San Diego County, FY 2004/05



Source: County of San Diego Health and Human Services Agency, Emergency Medical Services, San Diego County Trauma Registry, FY 2004/2005.

Fall Mechanism: Major Trauma Patients, 65+ Years, FY 2004/05



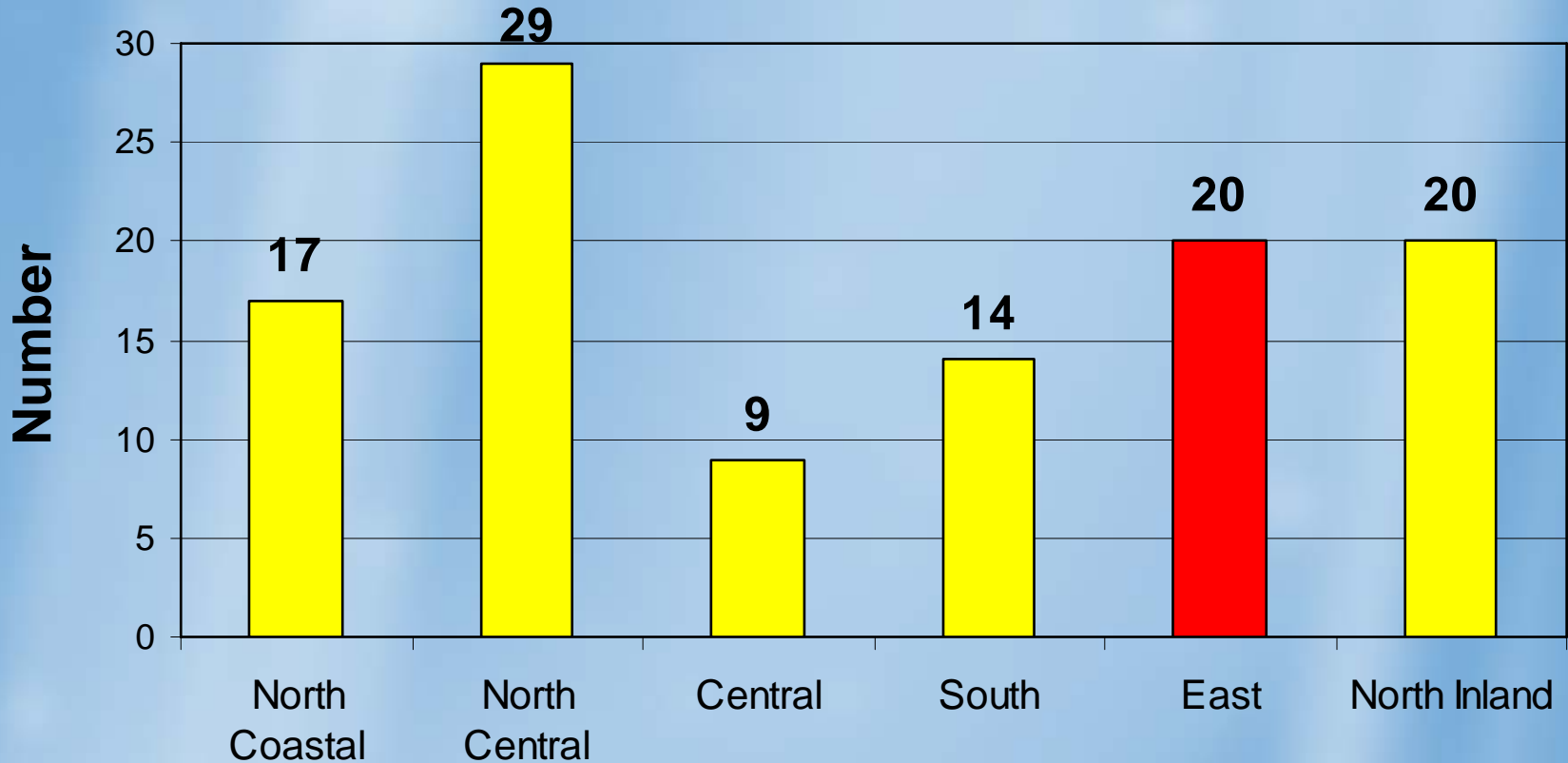
Source: Trauma Registry, County of San Diego, Health and Human Services Agency, Emergency Medical Services; SANDAG, Current Population Estimates.

One out of every four
persons with fall
related hip fractures
dies within one year
of the initial fall.

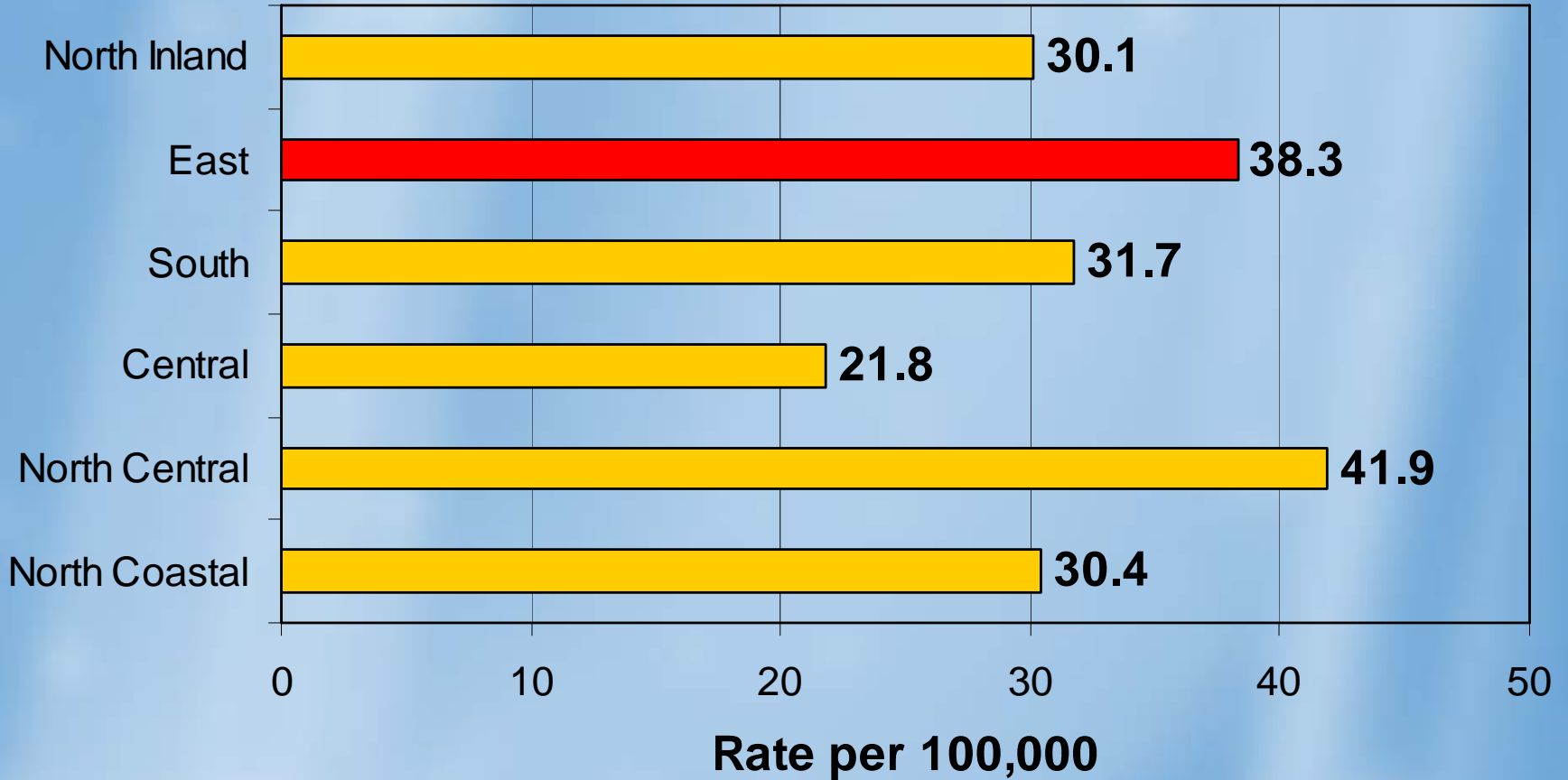
Unintentional Injury Deaths

- In 2004, the most common cause of unintentional injury death among people aged 65+ years was a fall.
 - 110 deaths in San Diego County
 - 20 deaths in the East Region
- The second most common cause of unintentional injury death was a motor vehicle crash.
 - 19 deaths in San Diego County

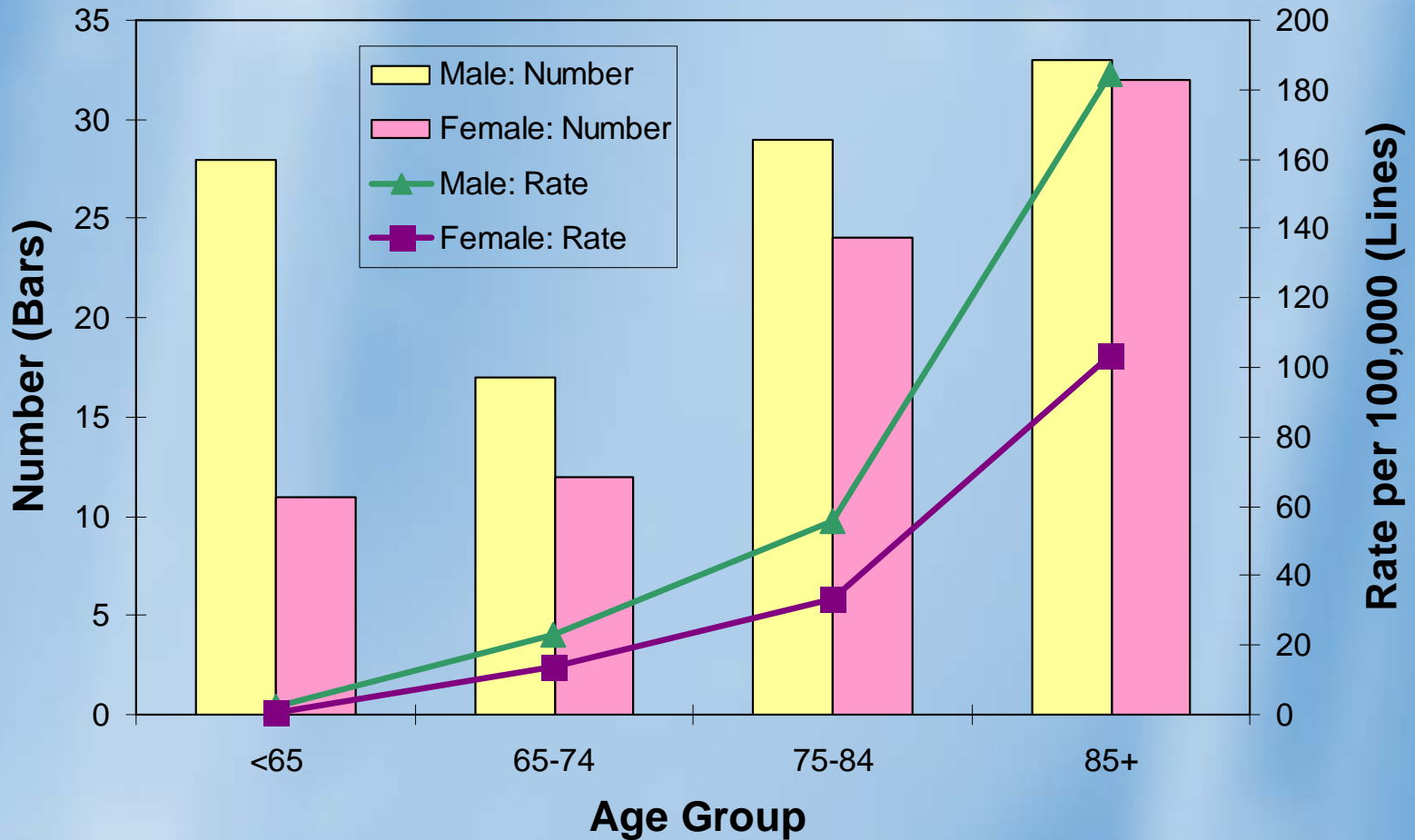
Number of Fall-Related Deaths by Region of Residence, 65+ Years, 2004



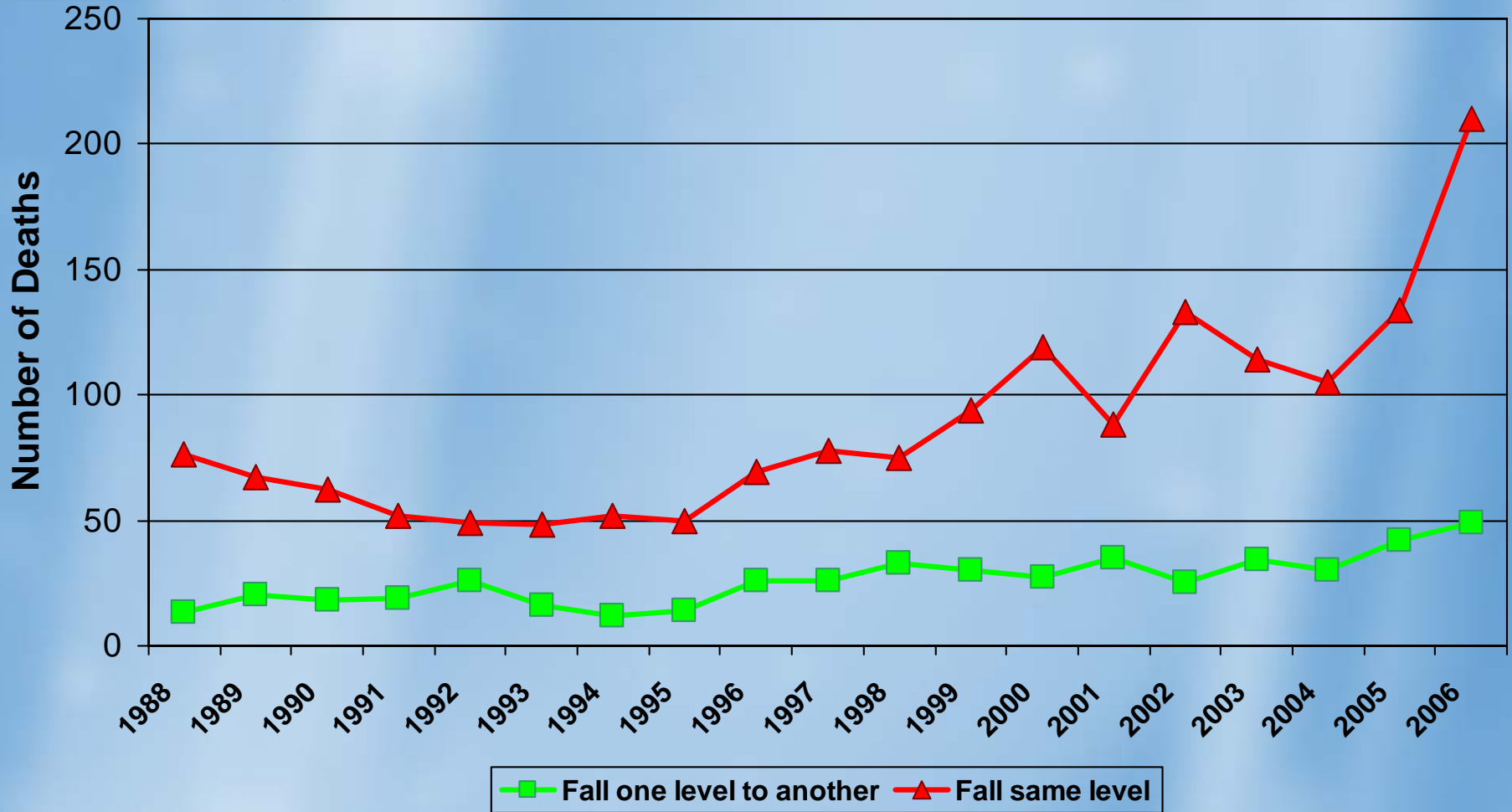
Fall-Related Death Rates by Region of Residence, 65+ Years, 2004



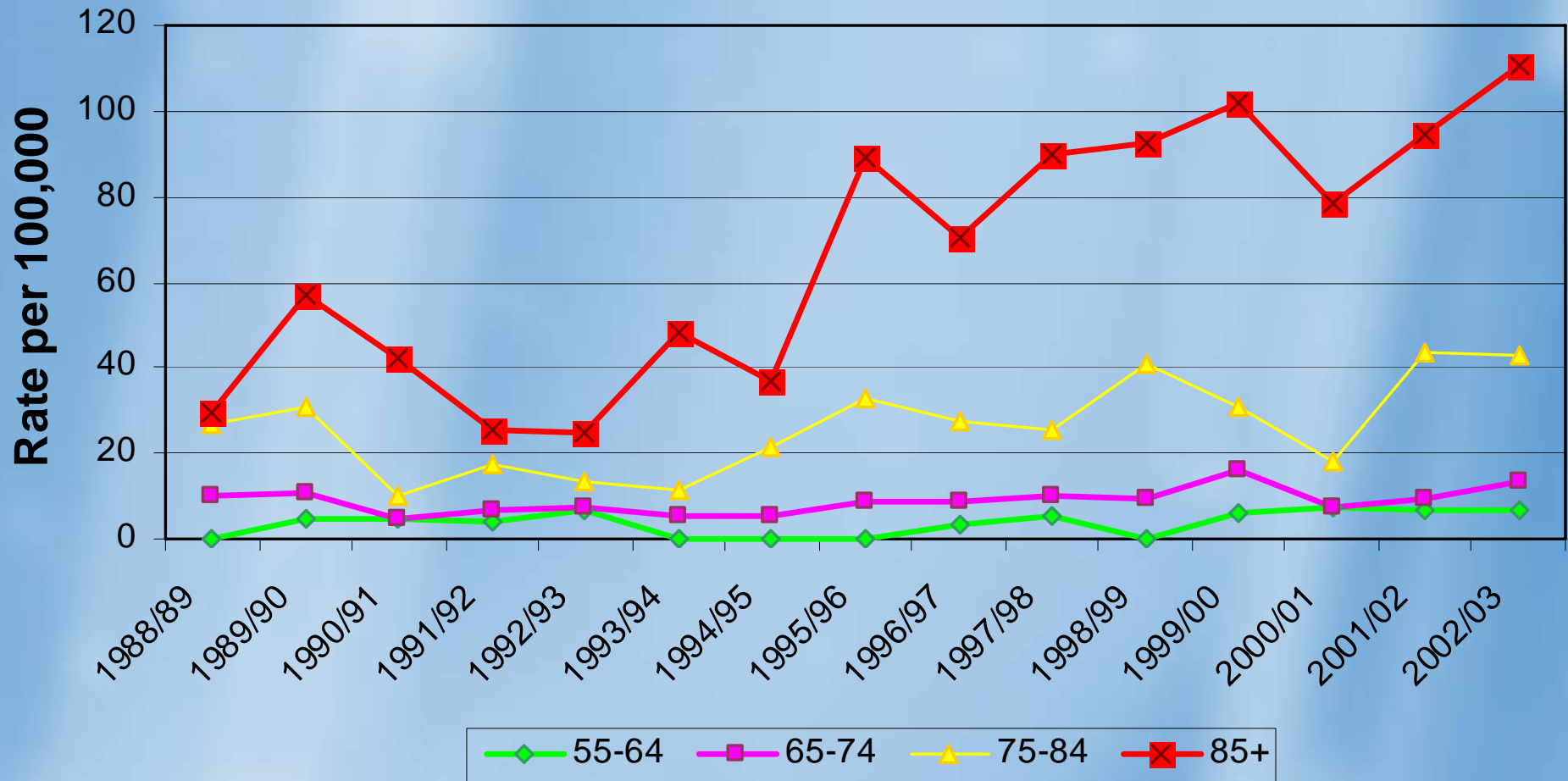
Number and Rate of Fall Related Death by Age Group and Sex, San Diego County, FY 2004/05



Fall Related Deaths, San Diego County 1988 – 2006



Fall Death Rates by Age Group and Year, San Diego County, 55+ Years



For a copy of this presentation, contact:

Holly Shipp, MPH
County of San Diego
Public Health Services
Emergency Medical Services
(619) 285-6429

Holly.Shipp@sdcounty.ca.gov

www.sdhealthstatistics.com