Minnesota Falls Facts

- Minnesota’s fatal fall rate is one of the highest in the nation and has continued to climb from 10.4 per 100,000 in 2005 to 12.1 per 100,000 population in 2010. Most of these fatalities were among older adults and among older adults, fall are the leading cause of injury deaths.

- Unintentional injury is the fourth leading cause of death for all Minnesotans. Falls account for 30.8% of these unintentional injury deaths. In 2007, Minnesota’s fatal fall rate exceeded the rate of fatal motor vehicle accidents.

- Cost for non-fatal falls among adults 65 and older in Minnesota, was more than $182 million in 2005.

- Minnesota’s population is aging. During the past decade, Minnesota’s 65 and older population increased by 14.9%, from 594,266 in 2000 to 683,121 in 2010. In 2010, 12.9% of Minnesota’s population was age 65 or older.

- Between 2010 and 2035, the number of Minnesotans over 65 will double, rising from 677,000 to 1.4 million (a 107% increase).

- As Minnesota’s population ages, the impact and cost of fall-related deaths and injuries will increase significantly.

Minnesota Responds

Falling is NOT an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and community partnerships, we can substantially reduce the number of falls. Minnesota is taking action to prevent falls through the following efforts:

- Implementation of A Matter of Balance throughout Minnesota. Minnesota currently has 23 Master Trainers and local availability of this evidence-based program continues to grow.

- Minnesota was the first in the country to offer A Matter of Balance entirely in American Sign Language. In 2011, five classes were offered to the Deaf community.

- The Arrowhead Area Agency on Aging worked with MaineHealth to develop and disseminate A Matter of Balance low vision materials for those participants with no vision or low vision.

- Partnered with Aging Services of Minnesota's Fall Prevention and Reduction Initiative to educate members (nursing home and assisted living providers) and provide resources for their Falls Prevention Champion's Toolkit.

- Promoted the Minnesota Falls Prevention website and consumer handouts available in English, Spanish, Vietnamese, Somali, Lao, Khmer, Hmong.
• The Metropolitan Area Agency on Aging maintains the Minnesota Falls Prevention Listserv. The Listserv is comprised of 470+ individuals and is a vehicle for sharing information related to preventing and reducing falls among older adults.
• Minnesota Department of Health’s booth at the 2011 State Fair promoted Healthy Homes. As part of that exhibit, information about falls prevention and home safety and links to additional resources were made available.
• The Minnesota Department of Health continues to include fall prevention messages in its statewide health communication campaign targeting adults and older adults with health promotion information through radio and print materials.
• The Minnesota Department of Health works with community providers to implement exercise programs to meet the needs of adults and older adults and through its local public health partners works for local policy and environmental change to support physical activity across the lifespan.
• Promoted Fall Prevention Awareness Day by conducting events throughout MN where hundreds of older adults received information and balance screening.

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Source:  
http://www.agingsericesmn.org/index/Falls_Prevention  
http://www.wonder.cdc.gov  
http://www.demography.state.mn.us/resource.html?Id=32077