

The background features a dark blue gradient with various colorful geometric shapes, including circles, ovals, and elongated bars in shades of green, purple, orange, and yellow, scattered across the frame.

# FACTS ABOUT FALLS QUIZ

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**Question 1- Multiple Choice**

**What is the prevalence of falls in adults 65+ per year?**

- **A.)** 1 in 2 adults 65+ will fall every year.
- **B.)** 1 in 4 adults 65+ will fall every year.
- **C.)** 1 in 6 adults 65+ will fall every year.
- **D.)** 1 in 8 adults 65+ will fall every year.

## Answer 1

- **B.) 1 in 4 adults 65+ will fall every year.**
- This leads to about 1 million fall-related hospitalizations within this population!

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Question 2

**TRUE OR FALSE**

**-Falls are the 2nd leading cause of unintentional injury deaths worldwide.**

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## Answer 2

- **TRUE**

- Falls are the 2nd leading cause of unintentional injury deaths following motor vehicle accidents and preceded by poisoning.

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### Question 3

**Which of the following is a risk factor that increases the likelihood of falling?**

- A.)** Vision problems
- B.)** Hearing problems
- C.)** Use of several medications
- D.)** Lower body weakness
- E.)** All of the above

## Answer 3

- **E.) All of the above**
- Your likelihood of falling increases with vision and hearing deficits, medication use, and lower body weakness, along with other factors such as vitamin D deficiency, poor footwear, and home hazards.

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#### **Question 4**

**What is the average estimated cost of a hospital visit due to a fall-related injury?**

- A.) ~ \$19,000 for inpatient stay & ~ \$1,200 for ER**
- B.) ~ \$19,000 for inpatient stay & ~ \$3,000 for ER**
- C.) ~ \$9,000 for inpatient stay & ~ \$1,200 for ER**
- D.) ~ \$9,000 for inpatient stay & ~ \$3,000 for ER**



## Answer 4

- **A.) ~ \$19,000 for inpatient stay & ~ \$1,200 for ER**

- The cost of treating injuries caused by falls among older adults is projected to increase to over \$101 billion by 2030.

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Question 5

**TRUE OR FALSE?**

**-Men suffer from more fatal falls than women.**

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## Answer 5

- **TRUE**

- Women suffer from more non-fatal falls than men. This is due to the prevalence of men displaying more risk-taking behavior than women.

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Question 6

**TRUE OR FALSE?**

**-Less than half of falls happen at home.**

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## Answer 6

- **FALSE**

- More than half of falls happen in the home.

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Question 7

**TRUE OR FALSE?**

**-1/3 of falls happen because of  
environmental hazards.**

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## Answer 7

- **TRUE**

- Environmental hazards can be removed to prevent falls.