



Are you at risk of falling?

Supplement to Corporate Communications Infographic

March 2018

univera[®]
HEALTHCARE
an excellus company



This supplement is intended to provide additional data on methods used to obtain information found in the falls infographic.

The red box indicates which part of the infographic that slide is referring to. →



[Centers for Disease Control and Prevention](https://www.cdc.gov/disease/prevention)

← Click on the underlined links for more information. They are hyperlinked to the source.

ARE YOU AT RISK OF FALLING?

In upstate New York **3 in 10** adults ages 65 and older fell at least once in the last year. **Could you be next?**

Timed Up and Go (TUG) Test

If you're age 65 or older, check your risk of falling by taking this test. The TUG Test evaluates basic mobility skills.

You'll need:

- A stopwatch or watch with a second hand
- A chair
- A family member or friend to assist you

How to do it:

Wear your regular footwear and use a walking aid, if needed. Mark a line 10 feet away from the chair on the floor. Sit back in the chair.

When your assistant says "Go":

- Stand up from the chair
- Walk to the line on the floor at your normal pace
- Turn around
- Walk back to the chair at your normal pace
- Sit down again

Your assistant should start timing on the word "go" and stop timing after you sit back down. While you walk, your assistant should stand between the chair and the line to help you, if needed.

If you take 12 or more seconds to complete the TUG Test, you're generally at a higher risk of falling.

Falls can be prevented

but in upstate N.Y. only **2 out of 5** adults ages 65 and older have taken action to reduce their chance of falling.

Talk with your doctor about your risk of falling and how you can prevent falls. Your doctor may suggest these actions:

- Move more to improve balance and develop strength. **ALL MOVEMENT MATTERS!**
- Review medication
- Make your home safer by removing hazards and improving lighting
- Have regular vision checks
- Wear proper footwear

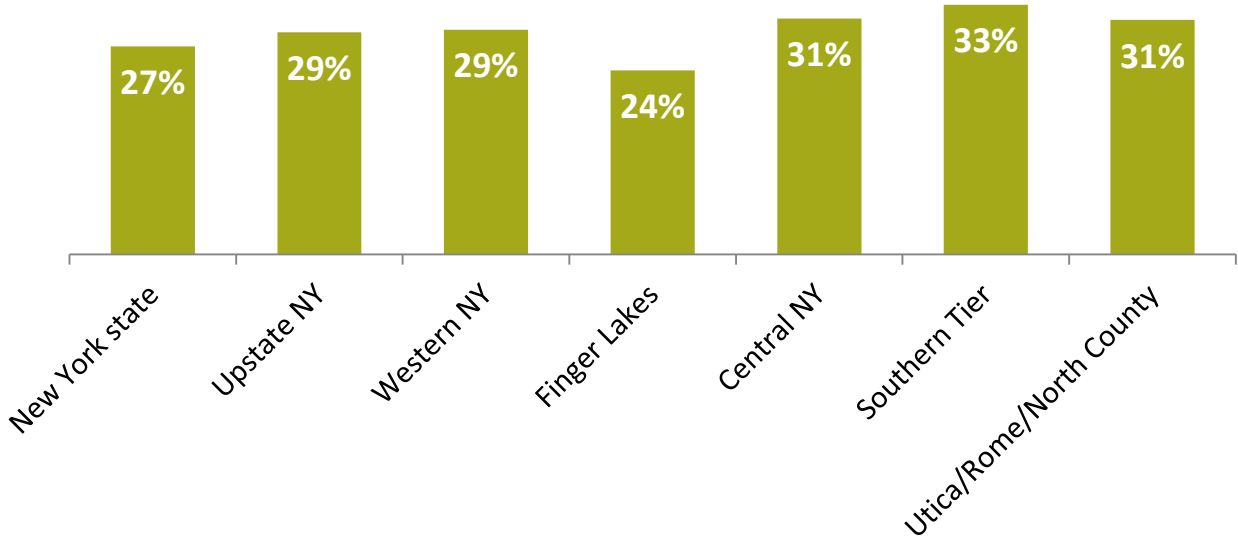
Background

Six in 10 upstate New York adults ages 65 and older report that they have not taken steps to reduce their risk of falling and three of 10 adults in the same age group fell at least once in the past year ([CDC](#)). However common, falling should not be an accepted part of the aging process.

An important part of fall prevention is understanding one's risk of falling. The purpose of this report is to suggest a tool for assessing fall risk and offer prevention strategies to reduce falls and improve the health of our community.

In upstate New York **3 in 10** adults ages 65 and older fell at least once in the last year **Could you be next?**

Percent of adults ages 65 and older who reported one or more falls in the last 12 months



Source:

- Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2016](#).

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Source:

- Centers for Disease Control and Prevention - [Timed Up and Go Assessment](#)
- Centers for Disease Control and Prevention – [STEADI materials for healthcare providers](#)
 - Other functional assessments for falls: 30-second chair stand test, 4-stage balance test, measuring orthostatic blood pressure
- Herman, T., Giladi, N., & Hausdorff, J. M. (2011). Properties of the 'timed up and go' test: more than meets the eye. *Gerontology*, 57(3), 203-210. <https://doi.org/10.1159/000314963>



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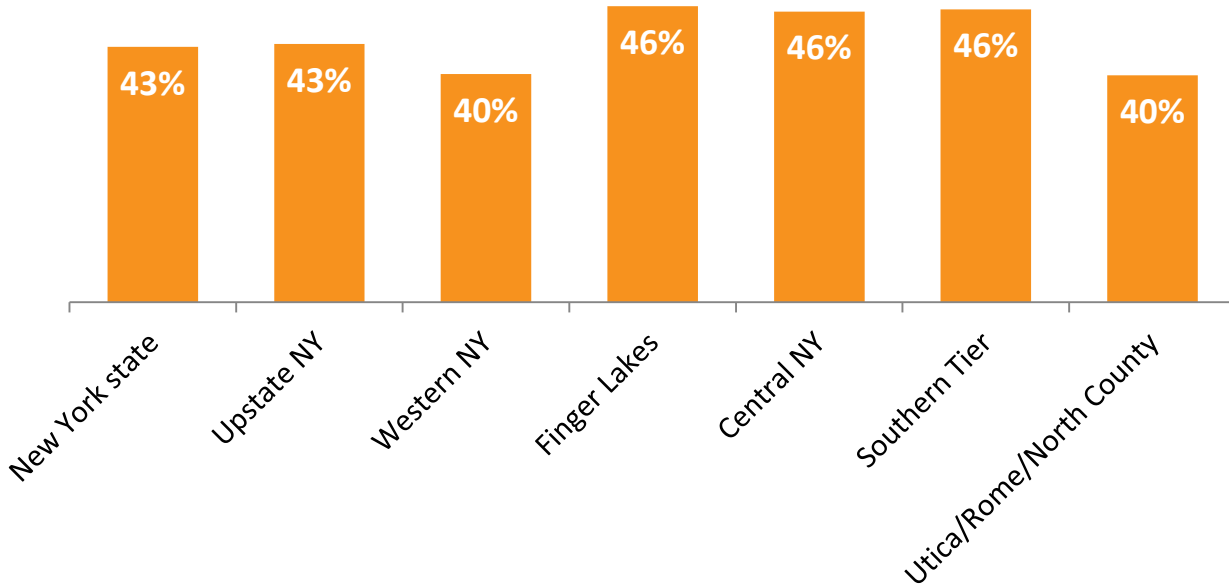
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Percent of adults ages 65 and older who have done things to reduce their chance of falling in the last year



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Source:

- Centers for Disease Control and Prevention – [What You Can Do To Prevent Falls](#)
 - Talk with your doctor: evaluate your risk, review your medications, talk about vitamin D supplements
 - Do strength and balance exercises
 - Have your eyes checked
 - Make your home safer: get rid of things that could be tripped over, add grab bars, put railings on both sides of stairs, ensure home has bright lights
- New York State Department of Health – [Prevention Strategies](#)
 - Medication review
 - Home assessments with modification
 - Exercise
 - Annual vision exams

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