**Hip Fractures**

* Each year at least 300,000 older people are [hospitalized for hip fractures](https://www.cdc.gov/homeandrecreationalsafety/falls/adulthipfx.html).

<https://www.cdc.gov/injury/features/older-adult-falls/index.html>

**Hip Fractures Among Older Adults**

* More than 95% of hip fractures are caused by falling,2 usually by falling sideways.3
* Women experience three-quarters of all hip fractures.1
* Women fall more often than men.
* Women more often have osteoporosis, a disease that weakens bones and makes them more likely to break.
* The chances of breaking your hip go up as you get older.

**Percent of Nonfatal Fall Hospitalizations by Discharge Disposition, Ages 65 and older—Florida, 2014**

• Fifty-six percent of all fall hospitalizations were discharged to a skilled nursing facility.

• Among falls resulting in a hip fracture, 70 percent were discharged to a skilled nursing facility and 16 percent discharged to a rehabilitation facility.1

• Among those with a hip fracture, only 3 percent had a routine discharge to home and 6 percent were discharged home with home health services.

<http://www.floridahealth.gov/statistics-and-data/florida-injury-surveillance-system/_documents/older-adult-falls-emphasis-report-2014.pdf>

**What can you do to prevent hip fractures?**

You can prevent hip fractures by taking steps to strengthen your bones and prevent falls:

**Talk to Your Doctor**

* Ask your doctor or healthcare provider to **evaluate your risk** for falling and talk with them about specific things you can do.
* Ask your doctor or pharmacist to **review your medicines** to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.
* Ask your doctor or healthcare provider about taking **vitamin D** supplements.

**Get Screened for Osteoporosis**

Get screened for osteoporosis and treated if needed.

**Do Strength and Balance Exercises**

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

**Have Your Eyes Checked**

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

It you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

**Make Your Home Safer**

* Get rid of things you could trip over.
* Add grab bars inside and outside your tub or shower and next to the toilet.
* Put railings on both sides of stairs.
* Make sure your home has lots of light by adding more or brighter light bulbs.

<https://www.cdc.gov/homeandrecreationalsafety/falls/adulthipfx.html>