Every 20 minutes an older adult dies from a fall in the United States. Many more are injured. But falls are not an inevitable part of aging.

There are specific things that can be done to help safeguard the health of older Americans, so they can stay healthy, active, & independent longer.

To help, CDC is working to make fall prevention a routine part of clinical care through the STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative. STEADI includes materials developed specifically for primary care providers. Materials include established clinical guidelines & tested interventions that are designed to help health care providers:

- Screen patients to identify their level of fall risk;
- Identify modifiable risk factors; and
- Offer effective interventions.

**Tools and Materials Available Through STEADI**

CDC’s STEADI tools & materials are available at no cost & include:

- Screening and clinical decision support tools;
- Instructional videos;
- Case studies and tips for talking with patients; and
- Educational materials for patients, their friends and family.

**NEW CDC STEADI tools and materials coming soon include:**

- Online continuing education courses on how to incorporate STEADI into clinical practice.
- Clinical decision support modules for electronic health record systems (Epic and GE Centricity). The modules prompt providers to screen for fall risk, assess risk factors, & determine necessary follow-up.

**CDC’s STEADI saves lives & health care costs.**

If 5,000 health care providers adopt STEADI, over a 5-year period as many as:

- 6.3 million more patients could be screened;
- 1.4 million more falls could be prevented; and
- $3.6 billion more in direct medical costs could be saved.

Learn more about how to help make older adult fall prevention part of every medical practice at: [www.cdc.gov/STEADI](http://www.cdc.gov/STEADI) or Contact CDC at [CDC-INFO@cdc.gov](mailto:CDC-INFO@cdc.gov).