

CDC's Approach to Make Older Adult Fall Prevention Part of Every Medical Practice



STEADI Phase One: Falls Screening and Management Program



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.



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 or

Contact CDC at CDC-INFO@cdc.gov.



STEADI Phase One:

Falls Screening & Management Program

STEADI Phase One includes 3 steps that health care providers can complete in one visit:

- **ASK patients** if they've fallen in the past year, feel unsteady, or worry about falling.
- **REVIEW medications** and stop, switch, or reduce the dosage of drugs that increase fall risk.
- **RECOMMEND Vitamin D** supplements of at least 800 IU/day with calcium.



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.

STEADI Stopping Elderly Accidents, Deaths & Injuries

