

Falls

Health indicator report

Background

- The purpose of this health indicator report is to provide information on falls among adults aged 18 and over living in Halton Region.
- Falls are the leading cause of unintentional injury-related emergency department visits, hospitalizations and deaths in Halton Region and Ontario.¹
- Although all people who fall are at risk of injury, a person's age, sex, and overall health can influence the type and severity of the injury sustained.¹ Creating safer environments, especially for vulnerable populations, is an important prevention strategy to reduce the risk of falls in the population.¹
- For more information on falls in Halton, see the [Halton Injury Report](#).
- This health indicator report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

Key findings

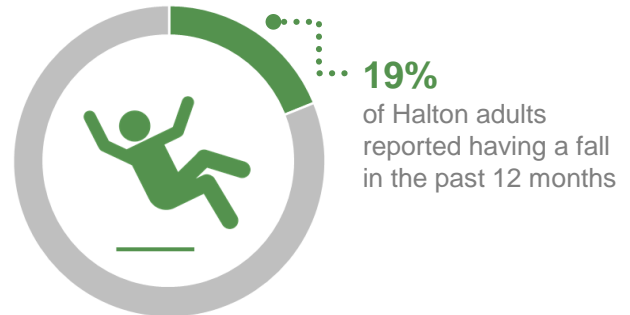
- In 2018, 19% of Halton adults reported having had a fall in the past 12 months, and 7% of Halton adults had a fall that resulted in an injury that was serious enough to affect their activities of daily living.
- In 2018, young adults aged 18-24 were more likely than any other age group to report having had a fall in the past 12 months.



Fall in the past 12 months

Overview

- In 2018, 19% of Halton adults reported having a fall in the past 12 months.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months, Halton Region, 2018

Sex

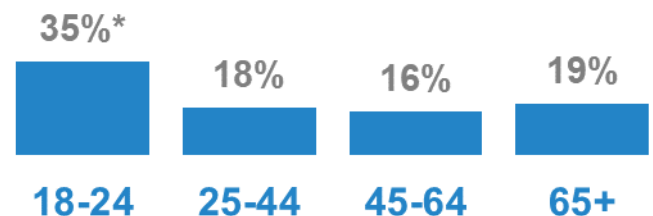
- In 2018, there were no statistically significant differences by sex in the percentage of Halton adults who reported having a fall in the past 12 months.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months, by sex, Halton Region, 2018

Age

- In 2018, Halton adults aged 18-24 were more likely than all other age groups to report having a fall in the past 12 months. These differences were **statistically significant**.
- These findings differ from those reported in the [Halton Injury Report](#), likely due to differences in the severity of the fall and how the data is collected.*



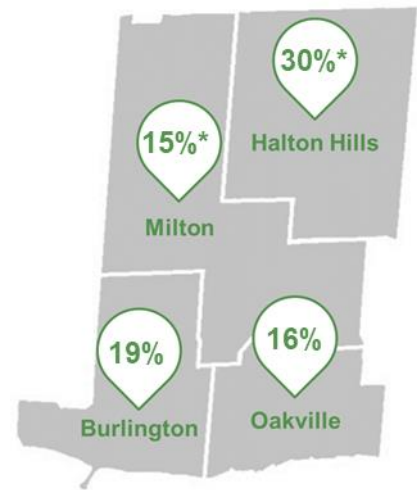
Percentage of adults aged 18 and over who reported having a fall in the past 12 months, by age, Halton Region, 2018



Fall in the past 12 months

Municipality

- In 2018, there were no statistically significant differences by municipality in the percentage of Halton adults who reported having a fall in the past 12 months.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months, by municipality, Halton Region, 2018

Income

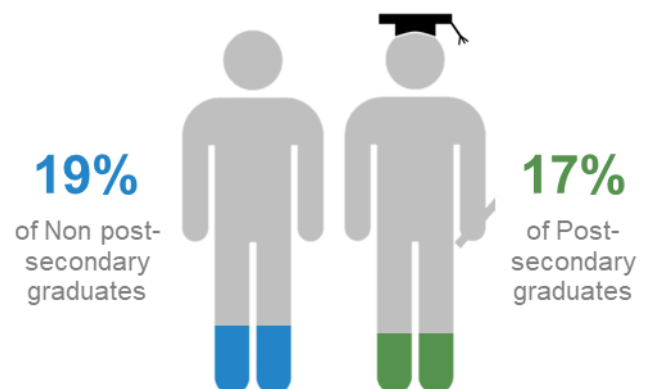
- In 2018, there were no statistically significant differences by income in the percentage of Halton adults who reported having a fall in the past 12 months.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months, by income, Halton Region, 2018

Education

- In 2018, there were no statistically significant differences by education in the percentage of Halton adults who reported having a fall in the past 12 months.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months, by education, Halton Region, 2018



Fall impacting activities of daily living

Overview

- In 2018, 7% of Halton adults reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living.



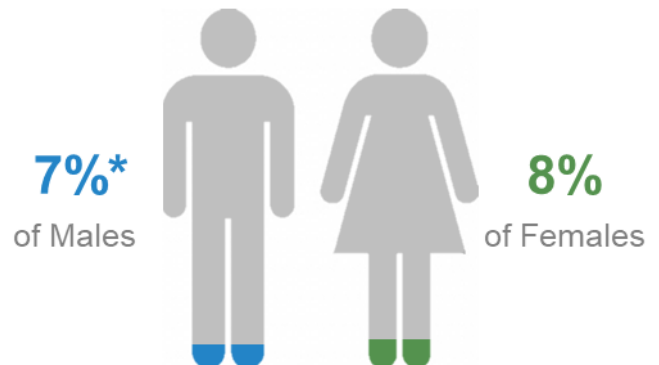
7%

of Halton adults reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living

Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, Halton Region, 2018

Sex

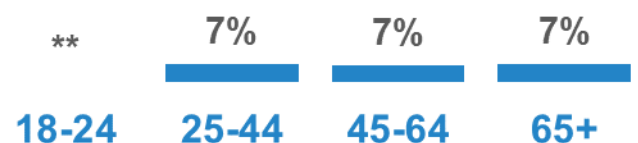
- In 2018, there were no statistically significant differences by sex in the percentage of Halton adults who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, by sex, Halton Region, 2018

Age

- In 2018, there were no statistically significant differences by age in the percentage of Halton adults who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living.



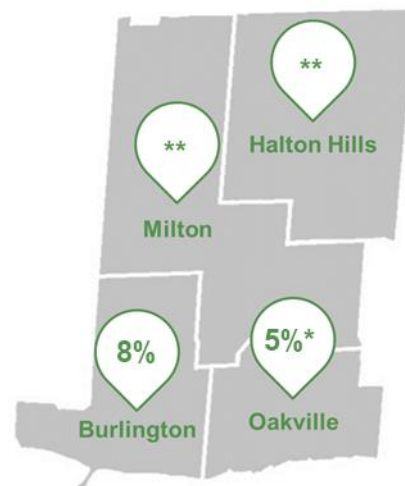
Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, by age, Halton Region, 2018



Fall resulting in serious injury

Municipality

- In 2018, there were no statistically significant differences by municipality in the percentage of Halton adults who reported having a fall in the past 12 months serious enough to affect their activities of daily living.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, by municipality, Halton Region, 2018

Income

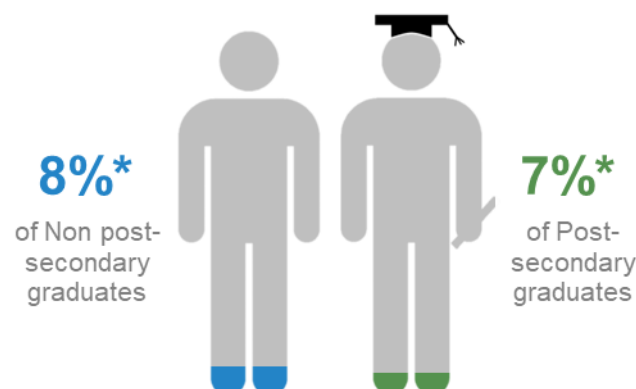
- In 2018, there were no statistically significant differences by income in the percentage of Halton adults who reported having a fall in the past 12 months serious enough to affect their activities of daily living.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, by income, Halton Region, 2018

Education

- In 2018, there were no statistically significant differences by education in the percentage of Halton adults who reported having a fall in the past 12 months serious enough to affect their activities of daily living.



Percentage of adults aged 18 and over who reported having a fall in the past 12 months that resulted in an injury serious enough to affect their activities of daily living, by education, Halton Region, 2018

About RRFSS

- The Rapid Risk Factor Surveillance System is an on-going telephone survey (land line and cell phone) used to collect information on attitudes, behaviours, knowledge and awareness of issues related to health in Halton. RRFSS is conducted by the Institute of Social Research and York University.
- Each year, a random sample of approximately 1,200 adults aged 18 and over are surveyed in Halton Region.
- In 2016, RRFSS underwent changes in sampling and analysis methodology. **Therefore, it is not recommended to compare data from the 2016 onwards to past years of RRFSS data.**
- For more information on RRFSS methodology and limitations, see the RRFSS Data Notes and Data Interpretation Guide at halton.ca.

Data notes

Definitions:

Activities of daily living refers tasks such as getting dressed, walking, going to work, and other activities that the person would normally do.

Data Source: Rapid Risk Factor Surveillance System [2018], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (**) are not reportable.

References

1. Halton Region. 2014. Halton Injury Report. Accessed August 2019 from <https://www.halton.ca/getmedia/4ca83424-c244-45db-9136-7811bbb27f74/HE-injury-full-report-2007-2013.pdf.aspx?ext=.pdf>

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca.

Last updated: August 2019