

Fall Injuries Among Mississippi Adults Aged 65+ Years in 2020

The Mississippi Behavioral Risk Factor Surveillance System (BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older. Of these, 2,590 respondents were aged 65 years or older.

About Fall Injuries

- Among adults aged 65 or older, falls are the **leading cause of injury death**. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.¹
- One of the **strongest predictors** of a fall is having sustained a **previous fall**. A fall is often a marker of increasing fragility, functional decline, or neurological impairment and may indicate the need for additional prevention strategies.²

Self-Reported Fall Injuries in Mississippi in 2020

- Approximately 1 in 10 adults aged 65 years or older (**9.9%**) sustained a fall injury in the past 12 months.³
- The percentage of having a fall injury was **higher among female respondents** (11.3%) compared to male respondents (8.0%); however, the difference was not statistically significant.³ (Figure 1)
- The percentage of having a fall injury was **higher among White, Non-Hispanic (NH) respondents** (10.7%) compared to Black, NH respondents (7.8%); however, the difference was not statistically significant.³ (Figure 2)
- The percentage of fall injuries was **higher among White, NH female respondents** (12.7%) compared to Black, NH female (8.2%*) and White, NH male (8.0%*) respondents; however, the difference was not statistically significant.³ (Figure 3)

Definitions

- In this report, a respondent is considered to have sustained a **“fall injury”** if, at least once during the past 12 months, they have fallen and subsequently received an injury that limited their regular activities for at least a day.³
- In this report, **“Other Race”** refers to adults who reported their race/ethnicity as anything other than White, Non-Hispanic (NH) or Black, NH.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Gender, MS, 2020

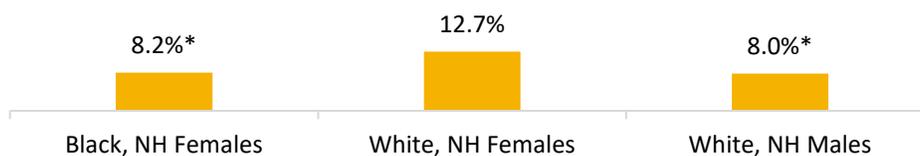


Figure 2. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Race/Ethnicity, MS, 2020



Note: Data for the “Other Race” group are suppressed due to low response.

Figure 3. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Race/Ethnicity & Gender, 2020



Note: Data for the “Black, NH Males” and “Other Race” groups are suppressed due to low response.

Note: In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Race” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

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Self-Reported Fall Injuries in Mississippi in 2020 (continued)

- The percentage of having a fall injury was **significantly higher** among adults aged **85 years and older** (20.5%*) compared to adults aged 65 to 74 years (8.5%) or 75 to 84 years (9.1%).³ (Figure 4)
- The percentage of having a fall injury was **higher** among adults who had **less than a high school education** (12.4%*) compared to adults with higher educational attainment; however, the difference was not statistically significant.³ (Figure 5)
- The percentage of having a fall injury increased as annual household income decreased. Having a fall injury was **significantly higher** among adults whose annual household income was **less than \$25,000** (12.3%) compared to adults whose annual household income was \$50,000 or more (6.2%*)³ (Figure 6)

Figure 4. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Age, MS, 2020

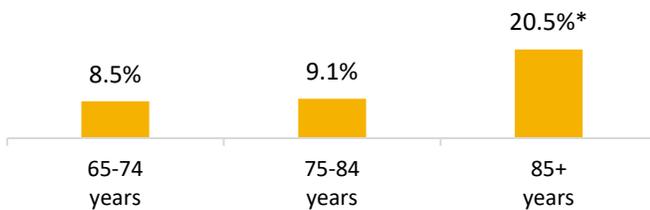


Figure 5. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Education, MS, 2020

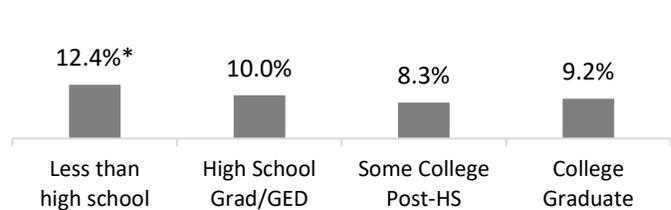


Figure 6. Percent of Respondents Who Had A Fall Injury in the Past 12 Months by Annual Household Income, MS, 2020

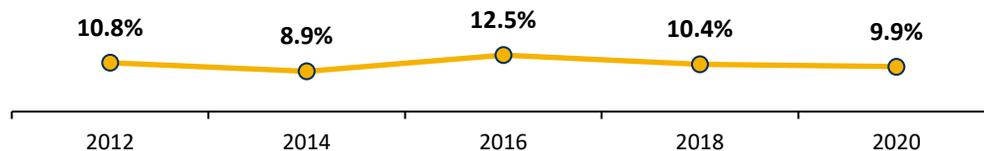


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Fall Injury Trends in Mississippi

- There was **no significant change** in the percentage of adults aged 65+ years who sustained a fall injury in the past year between 2012 (10.8%) and 2020 (9.9%).³ (Figure 7)

Figure 7. 2012-2020 Trend of Fall Injuries Among Adults Aged 65+ Years in Mississippi



References

- 1) Moreland, B., Kakara, R., & Henry, A. (2020). Trends in nonfatal falls and fall-related injuries among adults aged ≥ 65 years – United States, 2012-2018. *MMWR* 69(27), 875-881. Retrieved 11-15-2022, from <https://www.cdc.gov/mmwr/volumes/69/wr/mm6927a5.htm>
- 2) Appeadu, M.K., & Bordonni B. (2022). Falls and fall prevention in the elderly. *StatPearls*. Retrieved 11-15-2022, from <https://www.ncbi.nlm.nih.gov/books/NBK560761/>
- 3) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

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