
National Resource Center for Safe Aging

www.safeaging.org

Podcast Topic: Older Adult Falls

Guest: Dr. Judy Stevens, an Epidemiologist from the CDC's National Center for Injury Prevention and Control, Division of Unintentional Injury Prevention. Dr. Stevens is an expert on Fall Prevention in Older Adults and has written and presented extensively on the subject. (Please see pg.2 for a more detailed biography)

Questions addressed in this Podcast:

1. Approximately how many older adults suffer falls each year? How severe are they?
2. Have the trends of fatal and nonfatal falls increased or decreased over the years?
3. How do fall-related injuries impact an older adult's life.
4. Is there a financial impact?
5. Do falls affect men and women differently?
6. What are some of the most common risk factors for falls?
7. Are there any effective prevention and intervention strategies?
8. Where can family members and health care providers find more information on fall prevention in older adults?

Resources

Centers for Disease Control and Prevention
Injury Center

Main page: <http://www.cdc.gov/injury>

Falls resources: <http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>

National Council on Aging

Center for Healthy aging

<http://healthyagingprograms.org>

Falls Free National Action Plan:

<http://www.healthyagingprograms.com/content.asp?sectionid=98>

Older Adult Fall Prevention Brochures and Posters:

<http://www.cdc.gov/ncipc/duip/fallsmaterial.htm>

Age Page - Preventing Falls and Fractures:

<http://www.niapublications.org/engagepages/falls.asp>


Judy Stevens, PhD

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Dr. Judy A. Stevens is a national expert on older adult falls and fall prevention. She received her doctorate degree from Emory University, and, in 1996, joined the National Center for Injury Prevention and Control (NCIPC), at the CDC. As a senior scientist in the Division of Unintentional Injury Prevention, Dr. Stevens conducts epidemiologic research on fatal and nonfatal fall-related injuries among older adults. She also provides technical assistance and oversight to NCIPC funded studies, conducted by universities and state health departments, that develop, implement, and evaluate senior fall prevention programs. Dr. Stevens is a frequent speaker at state, national, and international conferences, and has received recognition for prevention activities and educational materials including science-based fall prevention materials now being used by over 6,000 health care professionals, public health organizations and individuals. She is the author of over 30 peer-reviewed publications.