



Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE

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CONTACT

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Falls Prevention Health Fair to be held at Southeastern Idaho Public Health on October 20th

In recognition of Falls Prevention Awareness Day, Southeastern Idaho Public Health is partnering with Idaho State University to hold the 6th Annual “Humpty Dumpty” Falls Prevention Health Fair on Friday, October 20th from 9:30 a.m. – 12:30 p.m. at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive, Pocatello. This event is FREE and for older adults.

Preventing falls are critical for older adults to stay healthy longer. In fact, 1 in 4 Americans aged 65 and older falls every year. In addition, falls are the leading cause of fatal and non-fatal injuries for older Americans and are costly in dollars and in quality of life. But the good news is, falls are not a part of the natural aging process and most are preventable.

One way to prevent falls is by being physical active. Physical activity allows older adults to have confidence in their physical ability which decreases their risk of falling and increases the potential for living independent lives.

Additional risk factors associated with falls include; certain hazards in the home, poor posture, medications, and vision changes. The “Humpty Dumpty” Falls Prevention Health Fair will address these risk factors with a falls prevention presentation and health stations.

Light refreshments will be provided for participants. For more information, please contact Michelle Butterfield at 208-239-5207 or mbutterfield@siph.idaho.gov.

Funding for this event was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written event materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.