



Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE
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CONTACT
Tracy McCulloch
208-239-5250

Falls Prevention Health Fair

In efforts to raise awareness about falls prevention, Southeastern Idaho Public Health is partnering with Idaho State University to hold the 7th Annual “Humpty Dumpty” Falls Prevention Health Fair on Friday, October 12th from 9:30 a.m. – 12:30 p.m. at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive. This event is FREE and offers valuable information for older adults.

The health fair will include health stations to determine fall risks and how to prevent a fall. Light refreshments will be provided for participants.

Did you know that 1 in 4 Americans aged 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly in dollars and in quality of life. However, falls are not a part of the natural aging process and most are preventable.

Preventing falls are critical for older adults to stay healthy longer. Some of the risk factors associated with falls include; lack of exercise, certain hazards in the home, poor posture, medications, and vision changes. Being physical active is important because older adults who have confidence in their physical ability are less afraid of falling and remain more physically active which increases the potential for living independent lives.

For more information, please contact Michelle Butterfield at 208-239-5207 or mbutterfield@siph.idaho.gov.