



FLORIDA INJURY FACTS: HIP FRACTURE HOSPITALIZATIONS AGES 65 YEARS AND OLDER

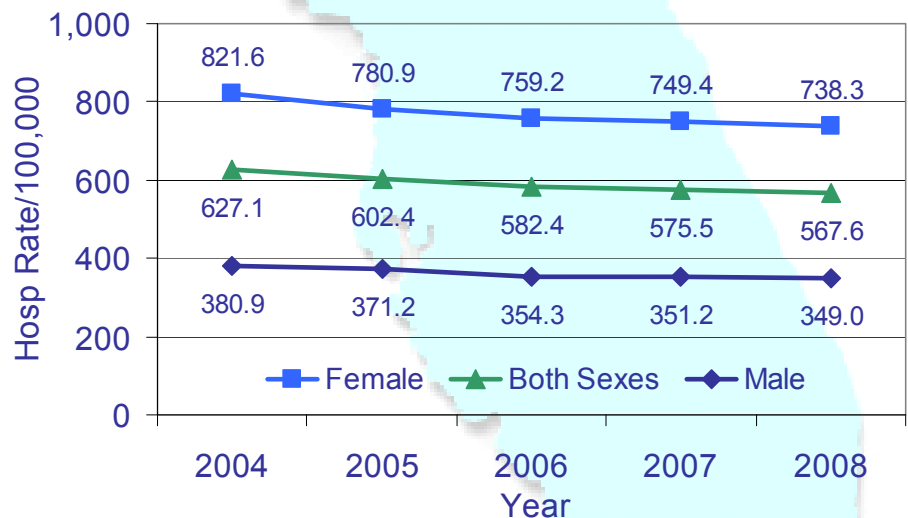
AT A GLANCE:

- A hip fracture is a fracture of the neck of the femur or thighbone, usually where it meets the pelvic bone.
- Hip fractures are often related to falls and can lead to a steep decline in health due to an individual's loss of mobility and independence.

In 2008:

- 18,539 Florida seniors, ages 65 and older, were hospitalized for a non-fatal hip fracture.
- 35% of **all** non-fatal injury hospitalizations among Florida's seniors were related to a hip fracture.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Sex and Year, 2004-2008



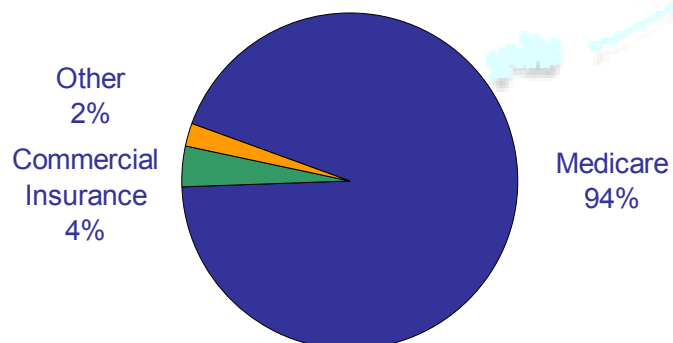
ECONOMIC IMPACT:

In 2008, among Florida's seniors:

- The median admission charge for non-fatal hip fracture hospitalizations was \$47,537; total charges exceeded \$1 billion. The median length of stay was five days.
- Medicare was the payer source for 94% of these hospitalizations.

Non-Fatal Hip Fracture Hospitalization Admissions Charges and Payer Source, Florida's Senior Residents, 2008

Median Admission Charge
\$47,537
Total Admission Charges
> \$1 billion



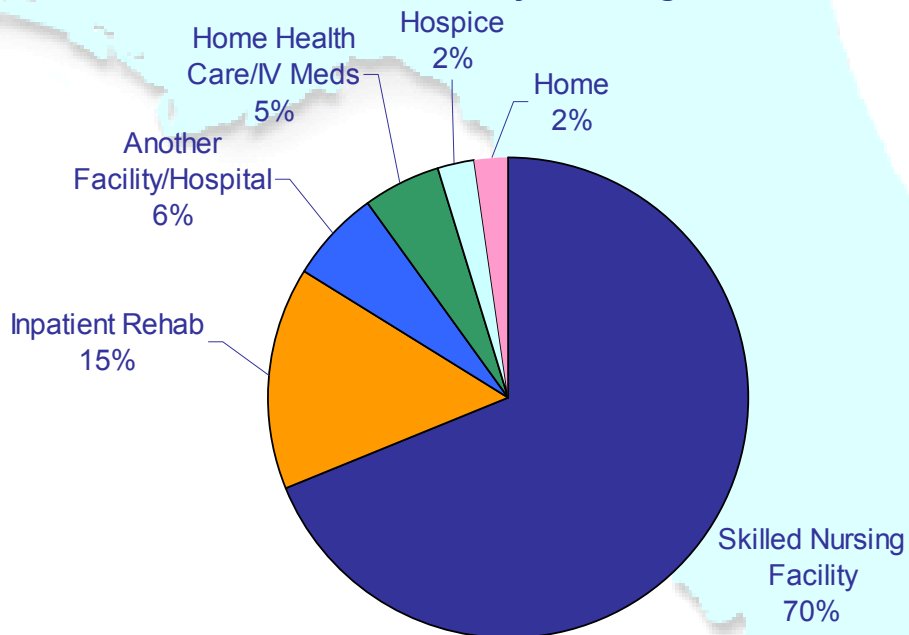
DISCHARGE STATUS AND OUTCOMES:

- Hip fractures can cause severe health problems and lead to reduced quality of life and premature death.¹
- About one in five hip fracture patients dies within one year of their injury.²
- Up to one in four adults who lived independently before their hip fracture has to stay in a nursing home for at least one year after their injury.³

In 2008, among Florida's seniors:

- The majority (70%) of patients were discharged to a skilled nursing facility after their hospital treatment; only 2% of patients were discharged directly home.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Discharge Status, 2008

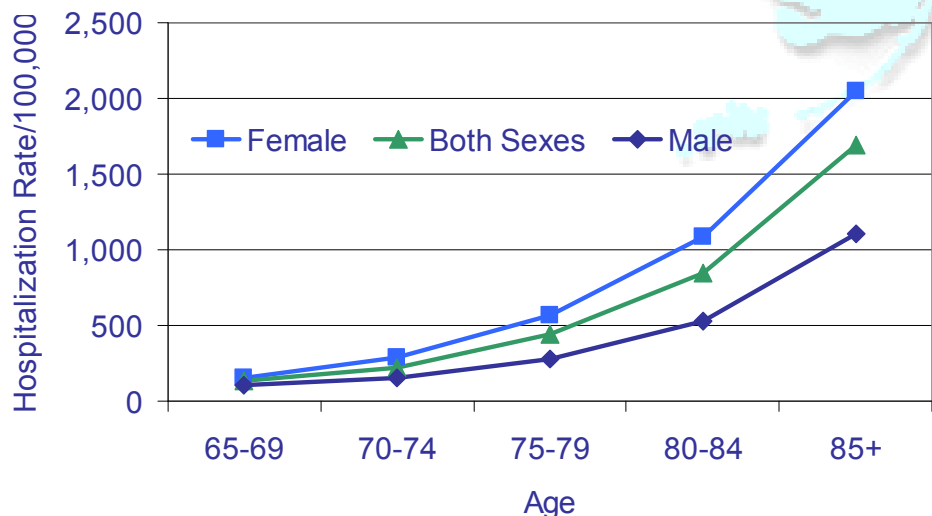


WHO IS INJURED?

In 2008, among Florida's seniors:

- Females had higher rates of non-fatal hip fracture hospitalization than their male counterparts.
- The hospitalization rate for non-fatal hip fractures increased dramatically as age increased.

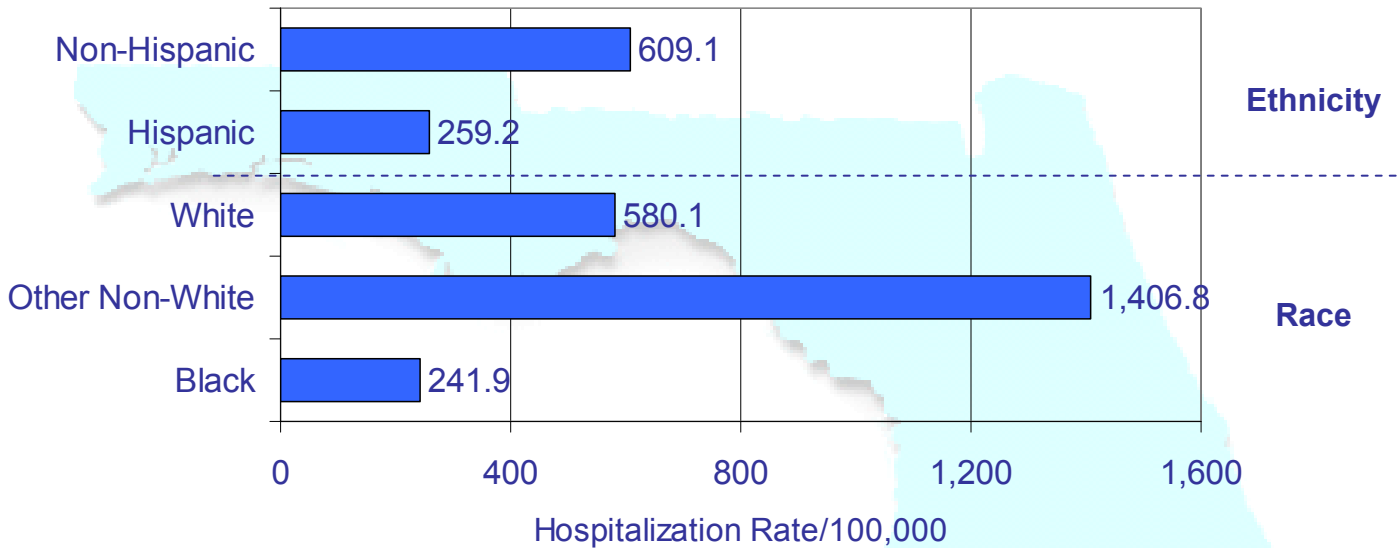
Non-Fatal Hip Fracture Hospitalizations, by Age and Sex, Florida's Senior Residents, 2008



In 2008, among Florida's seniors:

- Non-Hispanic residents had a higher rate of non-fatal hip fracture hospitalizations than Hispanic residents.
- Other Non-White residents had the highest rate of non-fatal hip fracture hospitalizations followed by White residents and Black residents.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Hispanic Ethnicity and Race, 2008



- Females accounted for 73% of non-fatal hospitalizations; Males 27%.
- Whites accounted for 93% of non-fatal hospitalizations, Other Non-Whites and Blacks accounted for 3% each.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Sex and Race, 2008

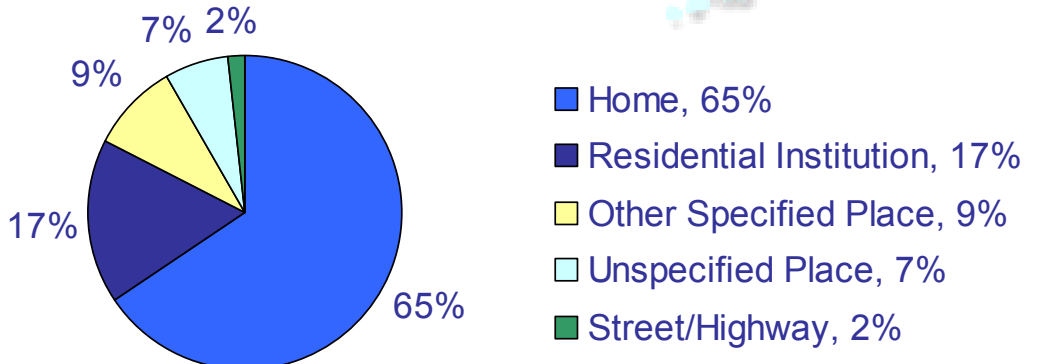
	Female	Male	White	Black	Other Non-White	Both Sexes, All Races
Non-Fatal Hospitalizations	13,538	5,001	17,254	603	602	18,539

WHERE AND HOW:

In 2008, when coded (45% of records):

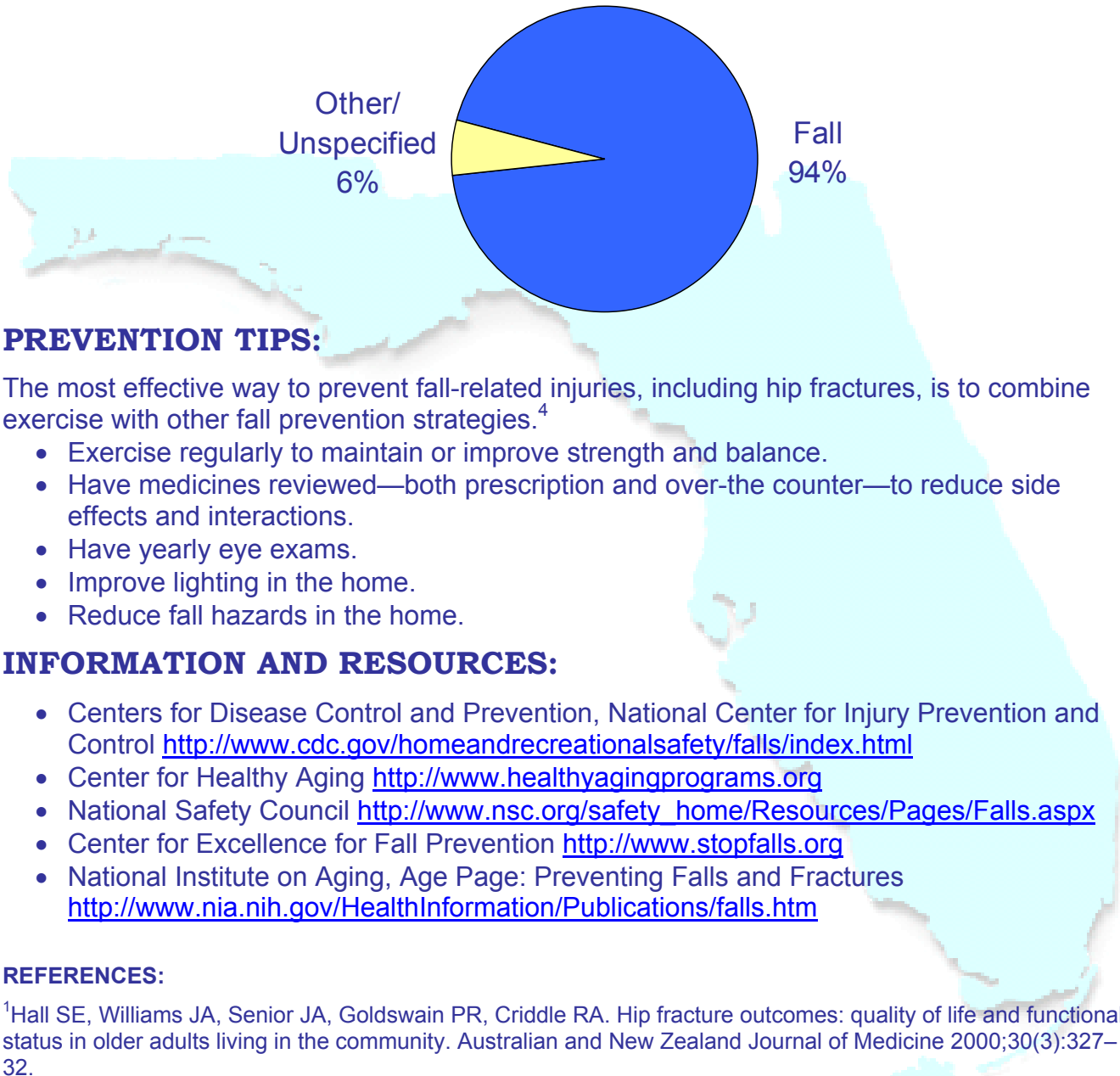
- Among Florida's seniors, at least 82% of non-fatal hip fractures requiring hospitalization occurred in or around a place of residence such as a home or residential institution.

Non-Fatal Hip Fracture Hospitalizations, by Place of Injury Occurrence, Florida's Senior Residents, 2008



- Among Florida's seniors, at least 94% of non-fatal hip fracture hospitalizations were related to a fall.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Mechanism, 2008



PREVENTION TIPS:

The most effective way to prevent fall-related injuries, including hip fractures, is to combine exercise with other fall prevention strategies.⁴

- Exercise regularly to maintain or improve strength and balance.
- Have medicines reviewed—both prescription and over-the counter—to reduce side effects and interactions.
- Have yearly eye exams.
- Improve lighting in the home.
- Reduce fall hazards in the home.

INFORMATION AND RESOURCES:

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control <http://www.cdc.gov/homeandrecreationalafety/falls/index.html>
- Center for Healthy Aging <http://www.healthyagingprograms.org>
- National Safety Council http://www.nsc.org/safety_home/Resources/Pages/Falls.aspx
- Center for Excellence for Fall Prevention <http://www.stopfalls.org>
- National Institute on Aging, Age Page: Preventing Falls and Fractures <http://www.nia.nih.gov/HealthInformation/Publications/falls.htm>

REFERENCES:

¹Hall SE, Williams JA, Senior JA, Goldswain PR, Criddle RA. Hip fracture outcomes: quality of life and functional status in older adults living in the community. Australian and New Zealand Journal of Medicine 2000;30(3):327–32.

² Leibson CL, Toteson ANA, Gabriel SE, Ransom JE, Melton JL III. Mortality, disability, and nursing home use for persons with and without hip fracture: a population-based study. Journal of the American Geriatrics Society 2002;50:1644–50.

³ Magaziner J, Hawkes W, Hebel JR, Zimmerman SI, Fox KM, Dolan M, et al. Recovery from hip fracture in eight areas of function. Journal of Gerontology: Medical Sciences 2000;55A(9):M498–507.

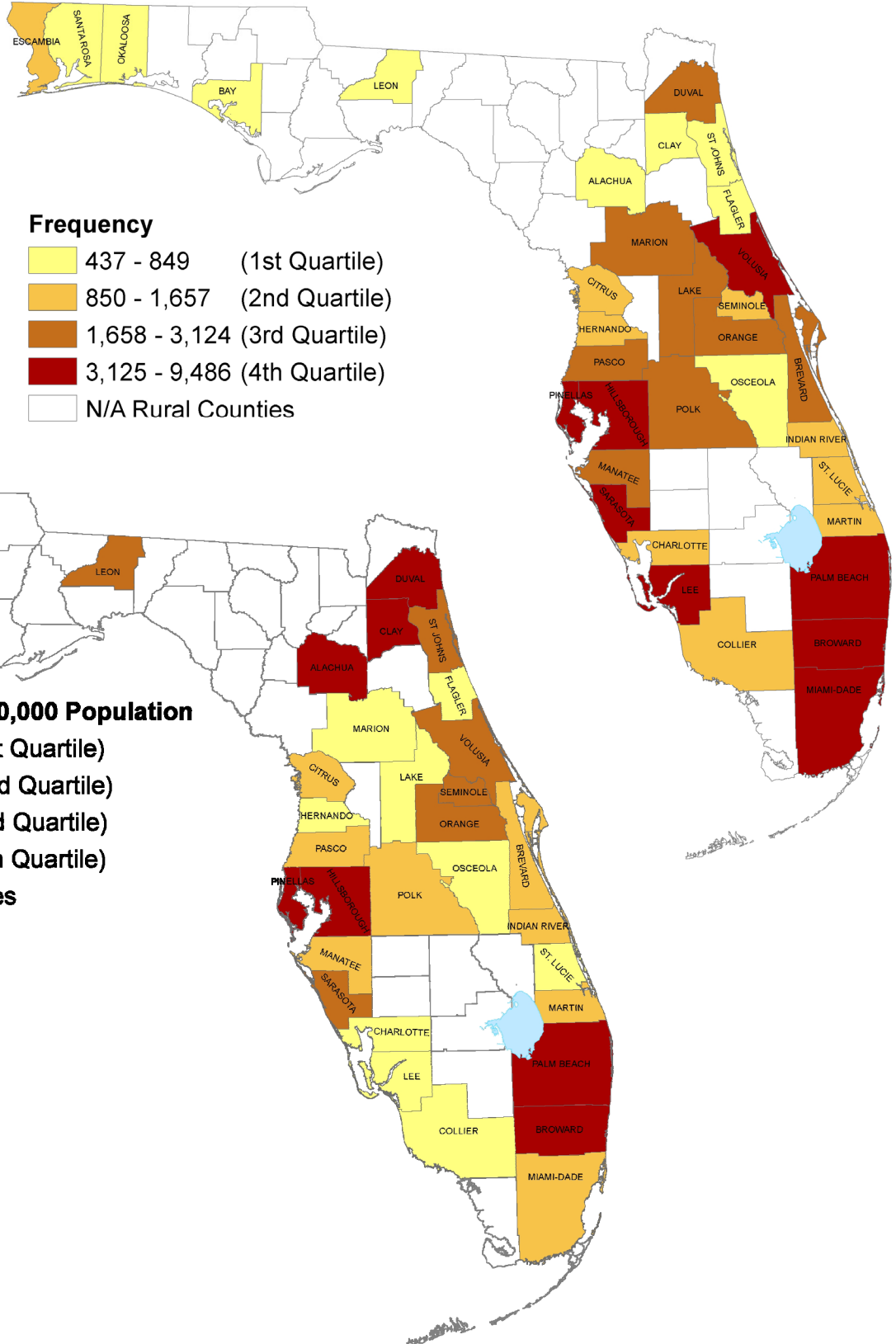
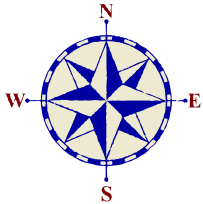
⁴ RAND Report: Evidence report and evidence-based recommendations: fall prevention interventions in the Medicare population. Contract no. 500-98-0281. RAND Corporation Southern California Evidence-based Practice Center; 2003.

DATA SOURCES AND CASE DEFINITIONS:

Non-Fatal Hip Fracture Hospitalizations: Agency for Health Care Administration, Hospital Discharge Data; Records with Injury Principal Diagnosis and Primary or Secondary Hip Fracture Diagnosis ICD-9 CM 820

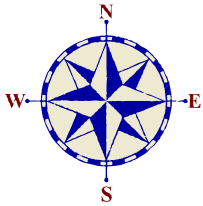
COUNTY BY COUNTY COMPARISON: NON-RURAL COUNTIES

Non-Fatal Hip Fracture Related Hospitalizations,
Florida Senior Residents of Non-Rural Counties, 2004-2008



COUNTY BY COUNTY COMPARISON: RURAL* COUNTIES

Non-Fatal Hip Fracture Related Hospitalizations,
Florida Senior Residents of Rural Counties, 2004-2008

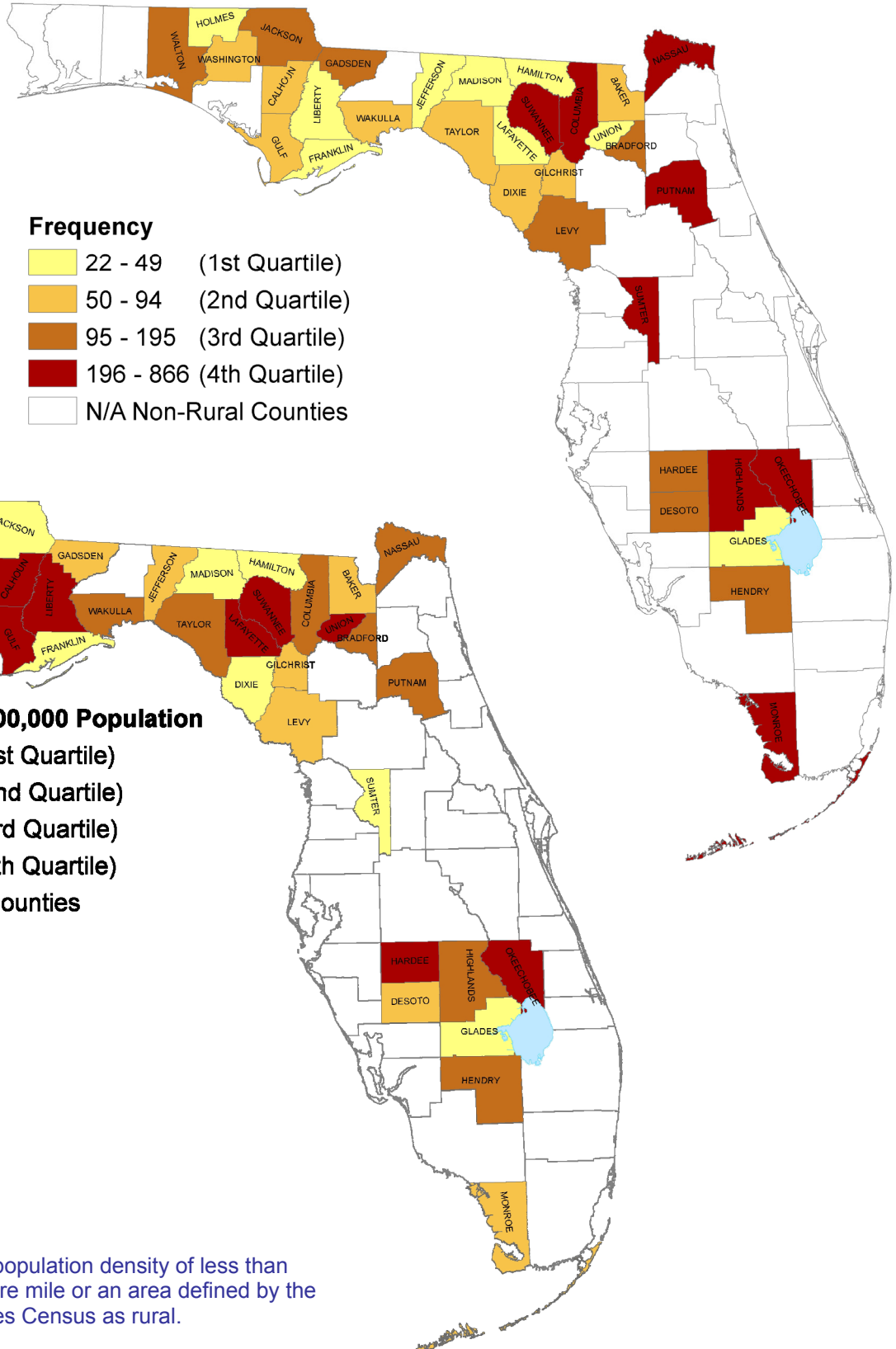


Frequency

- 22 - 49 (1st Quartile)
- 50 - 94 (2nd Quartile)
- 95 - 195 (3rd Quartile)
- 196 - 866 (4th Quartile)
- N/A Non-Rural Counties

Age-Specific Rate/100,000 Population

- 169.2 - 399.8 (1st Quartile)
- 399.9 - 513.3 (2nd Quartile)
- 513.4 - 604.1 (3rd Quartile)
- 604.2 - 724.5 (4th Quartile)
- N/A Non-Rural Counties



*Rural – an area with a population density of less than 100 individuals per square mile or an area defined by the most recent United States Census as rural.