



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

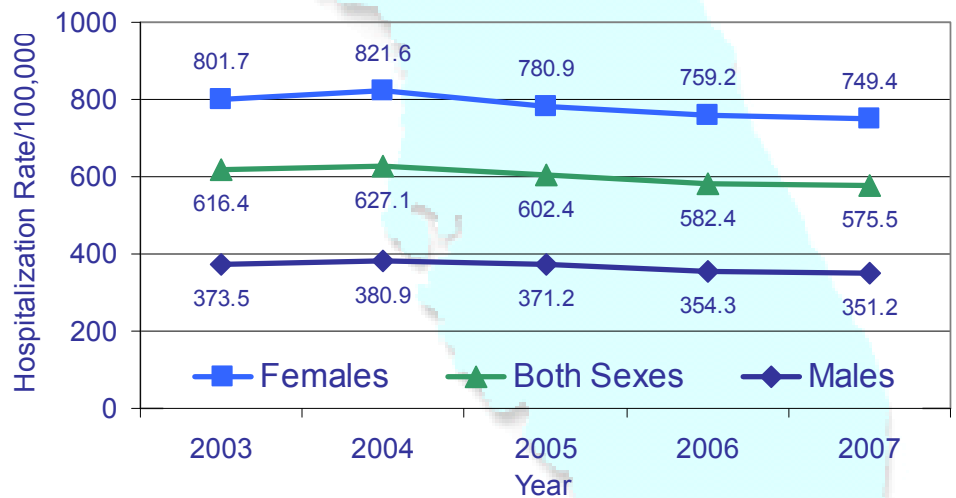
AT A GLANCE:

- 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 2007:

- 18,474 Florida seniors, ages 65 and older, were hospitalized for a hip fracture.
- 35% of **all** 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, 2003-2007



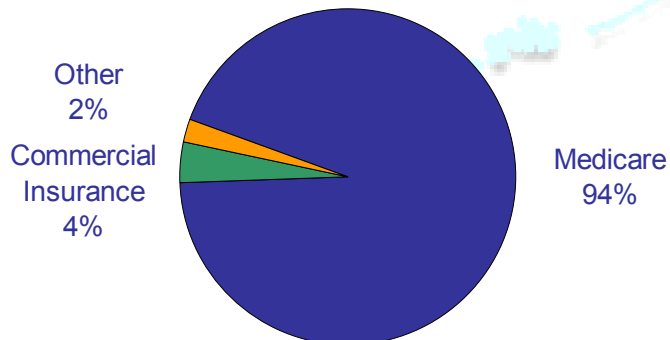
ECONOMIC IMPACT:

In 2007, among Florida's seniors:

- The median admission charge for non-fatal hip fracture hospitalizations was \$43,725; total charges exceeded \$930 million. 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, 2007

Median Admission Charge
\$43,725
Total Admission Charges
> \$930 million



Produced By:

Office of Injury Prevention, 4052 Bald Cypress Way, Bin C15, Tallahassee, FL 32399
(850) 245-4440 x2729 <http://www.doh.state.fl.us/injury> (March, 2010)

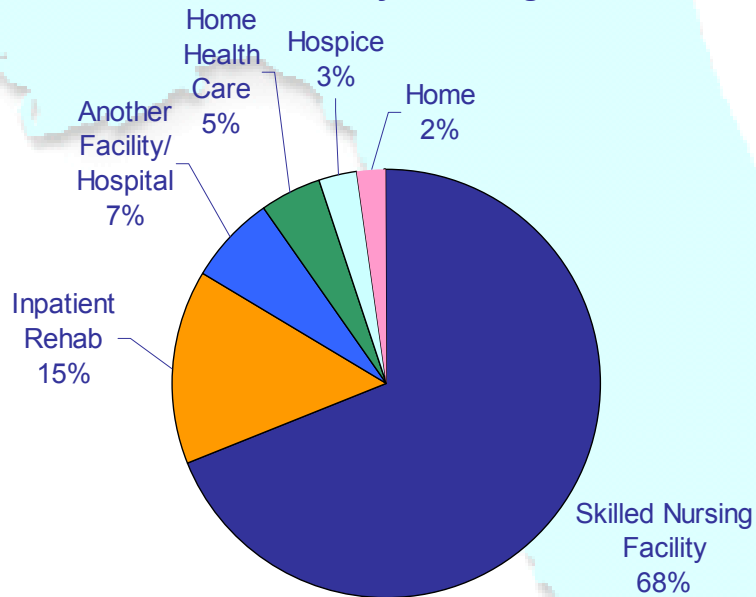
DISCHARGE STATUS AND OUTCOMES:

- Hip fractures can cause severe health problems and lead to reduced quality of life and premature death.¹
- About one of 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 2007, among Florida's seniors:

- The majority (68%) of patients were discharged to a skilled nursing facility at the conclusion of their hospital treatment; only 2% of patients were discharged directly home.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Discharge Status, 2007

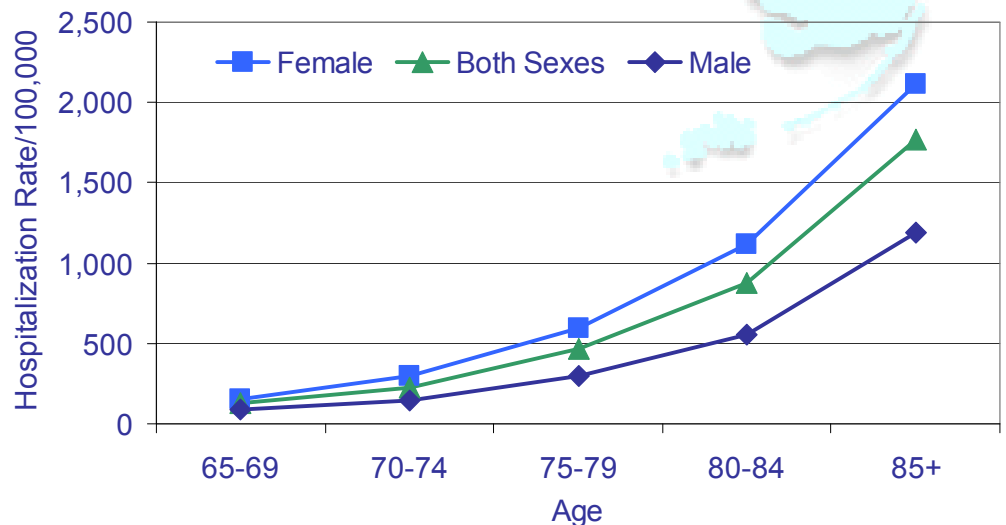


WHO IS INJURED?

In 2007, 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 significantly with increasing age.

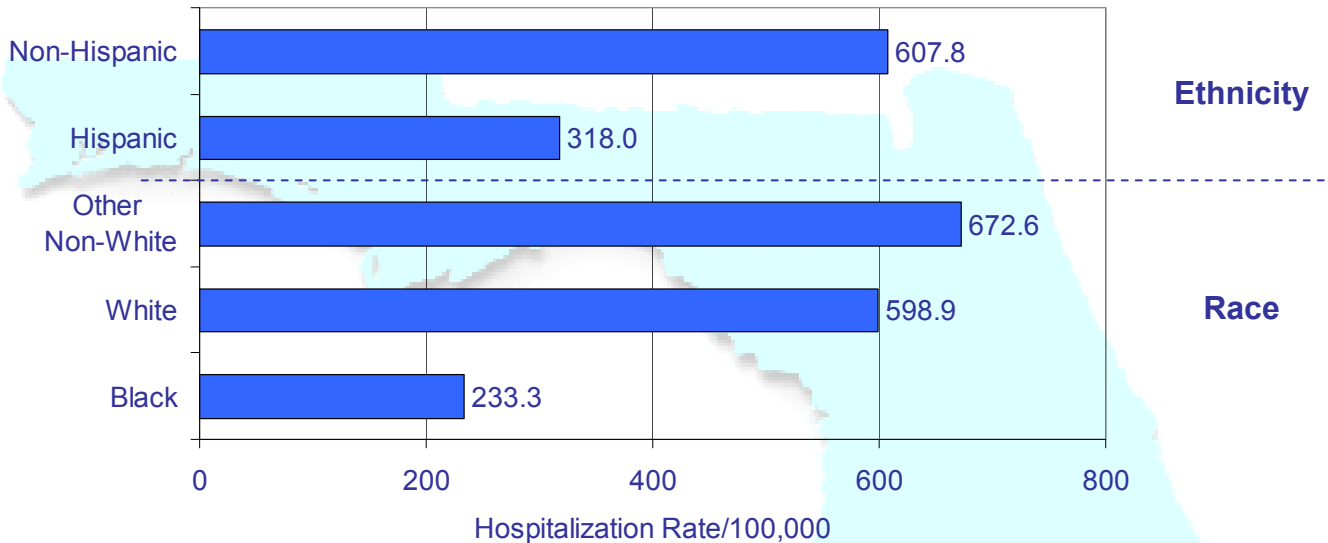
Non-Fatal Hip Fracture Hospitalizations, by Age and Sex, Florida's Senior Residents, 2007



In 2007, among Florida's seniors:

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

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Hispanic Ethnicity and Race, 2007



- Females accounted for 73% of non-fatal hospitalizations; Males 27%.
- Whites accounted for 95% of non-fatal hospitalizations, Blacks accounted for 3%, and Other Non-Whites accounted for 1%.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Sex and Race, 2007

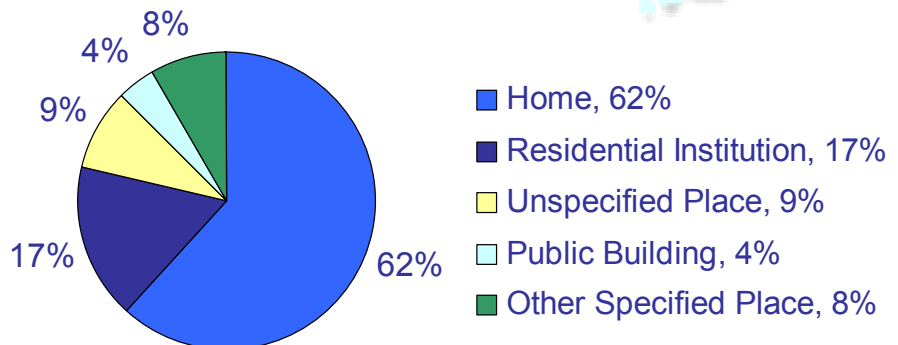
	Male	Female	White	Black	Other Non-White	Both Sexes, All Races
Non-Fatal Hospitalizations	4,926	13,548	17,527	566	277	18,474

WHERE AND HOW:

In 2007, when coded:

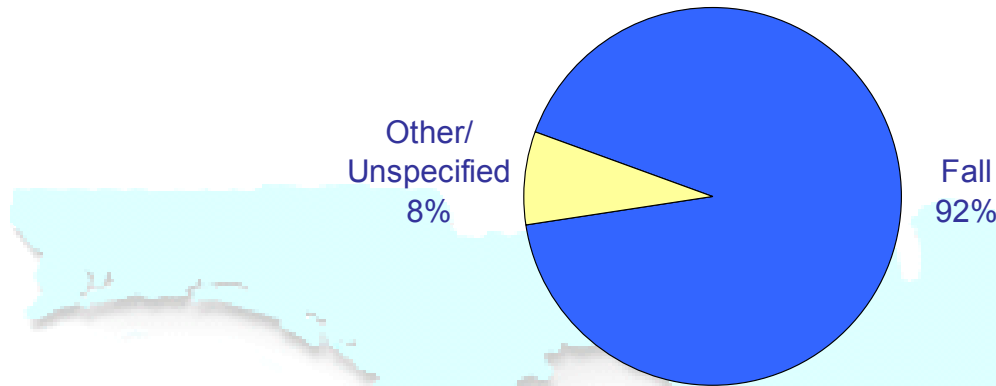
- Among Florida's seniors, at least 79% of non-fatal hip fractures requiring hospitalization occurred in or around a place of residence such as a home or residential institution.

Non-Fatal Hip Fracture Hospitalizations, by Place of Occurrence, Florida's Senior Residents, 2007



- Among Florida's seniors, at least 92% of non-fatal hip fracture hospitalizations were related to falls in 2007.

Non-Fatal Hip Fracture Hospitalizations among Florida's Senior Residents, by Mechanism, 2007



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/ncipc/duip/preventadultfalls.htm>
- Center for Healthy Aging <http://www.healthyagingprograms.org>
- National Safety Council <http://www.nsc.org/resources/issues/fallstop.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.

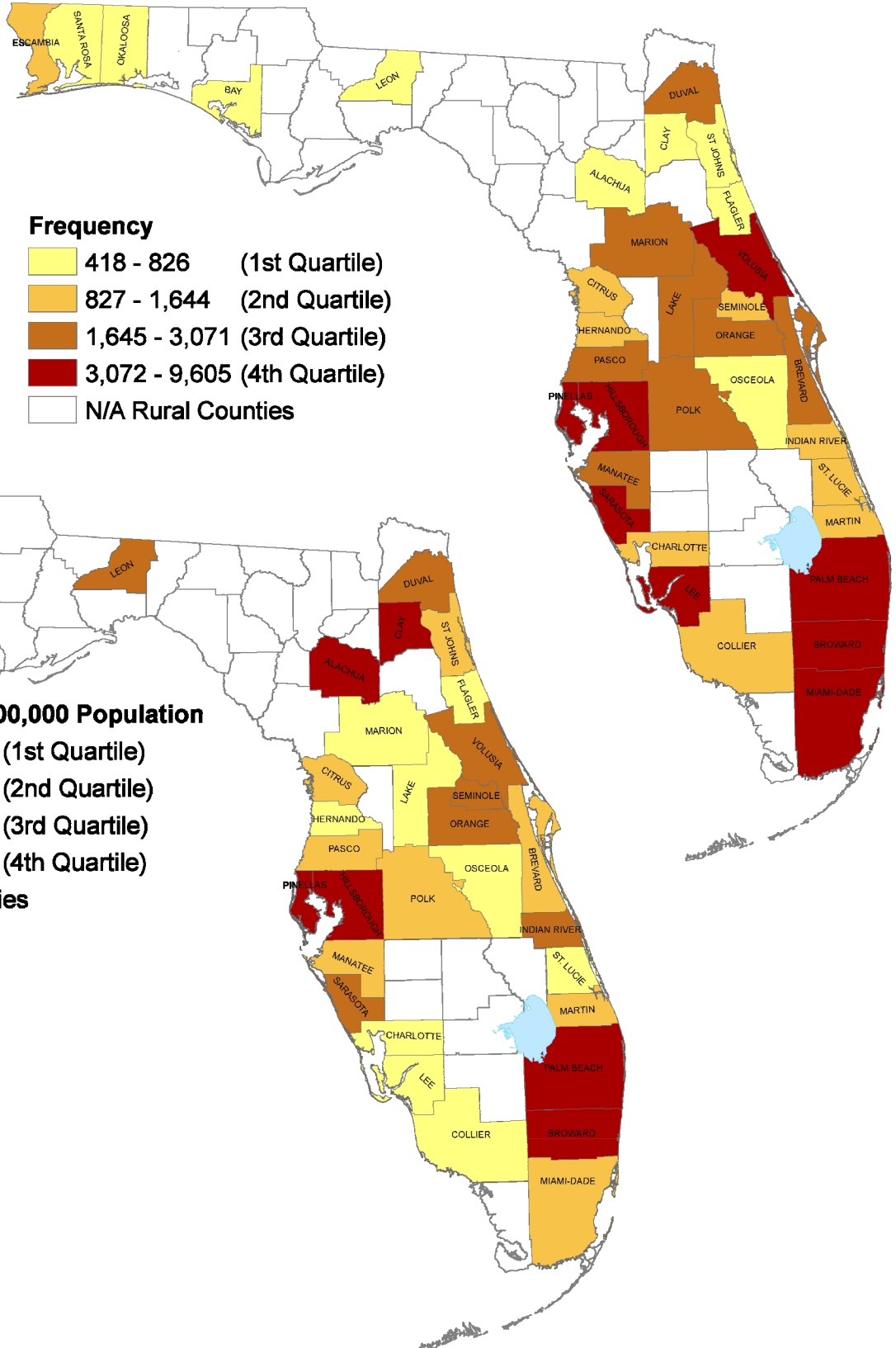
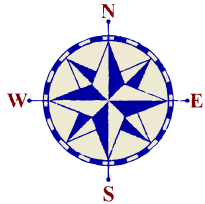
⁴ RAND Report: Evidence report and evidence-based recommendations: fall prevention interventions in the Medicare population. Contract no. 500-98-0281. RAND Corporation Southern California Evidence-based Practice Center; 2003.

DATA SOURCES AND CASE DEFINITIONS:

Non-Fatal Hip Fracture Hospitalizations: Agency for Health Care Administration, Hospital Discharge Data; Records with Injury Principal Diagnosis and 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, 2003-2007



Frequency

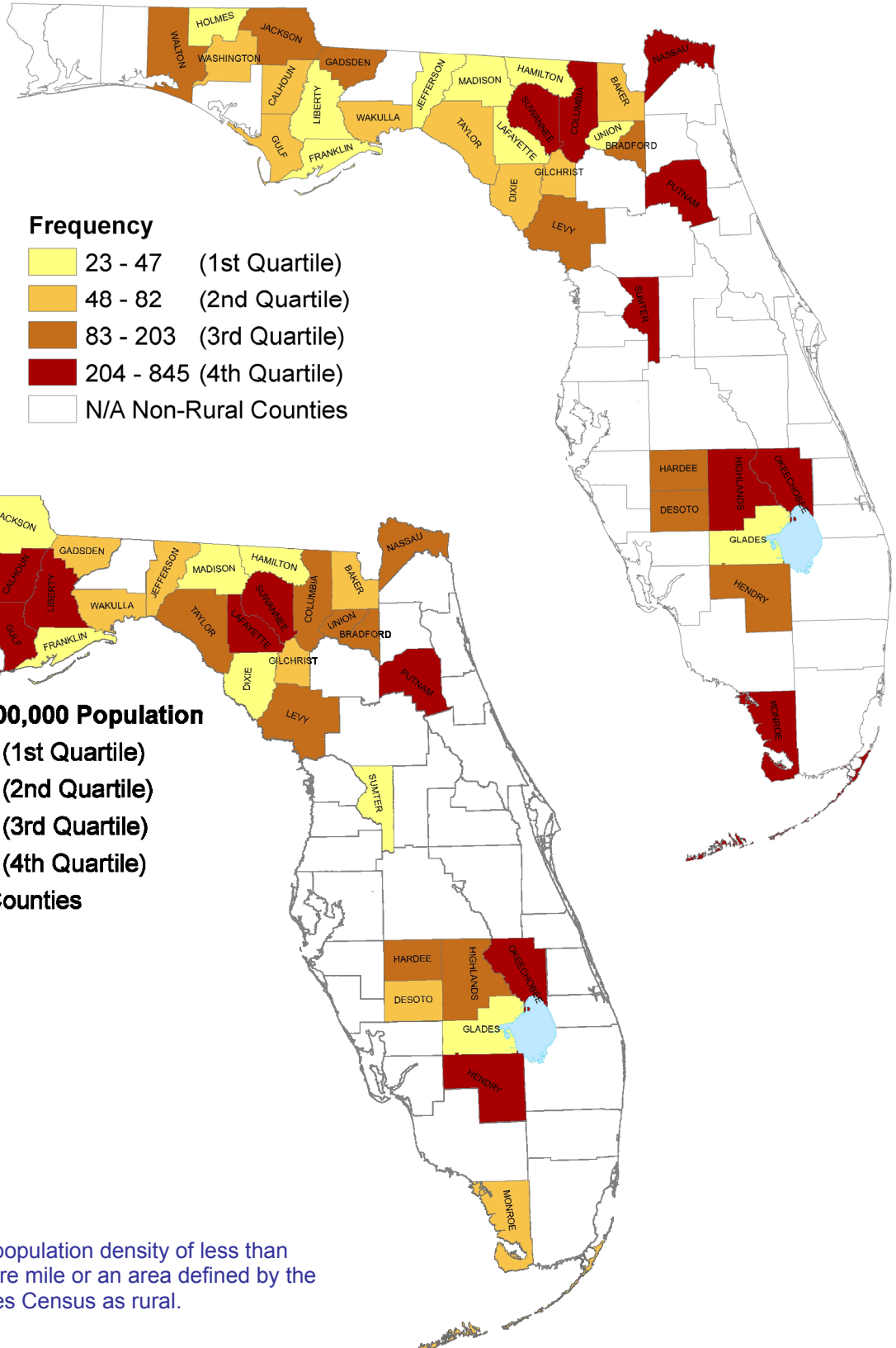
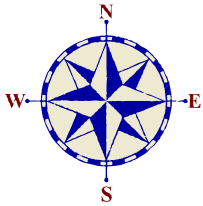
- 418 - 826 (1st Quartile)
- 827 - 1,644 (2nd Quartile)
- 1,645 - 3,071 (3rd Quartile)
- 3,072 - 9,605 (4th Quartile)
- N/A Rural Counties

Age Specific Rate/100,000 Population

- 382.28 - 528.06 (1st Quartile)
- 528.07 - 597.96 (2nd Quartile)
- 597.97 - 639.85 (3rd Quartile)
- 639.86 - 719.05 (4th Quartile)
- N/A Rural Counties

COUNTY BY COUNTY COMPARISON: RURAL* COUNTIES

Non-Fatal Hip Fracture Related Hospitalizations,
Florida Senior Residents of Rural Counties, 2003-2007



*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.