

NEWS RELEASE

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**EIPH Teams with EIRMC to Share Education on Fall Risks at
First Annual Fall Prevention Fair**

Idaho Falls, ID- Eastern Idaho Public Health (EIPH) is excited to announce the first annual health fair focused on fall prevention education in Idaho Falls. Join EIPH and EIRMC on **Saturday, September 6th from 10:00am–2:00pm** at the **EIRMC Medical Office Building** located at 2860 Channing Way, Suite 201 to raise awareness about fall prevention and provide education to help prevent falls.

Falls are the leading cause of fatal and nonfatal injuries for older Americans. But falls can be prevented through some practical lifestyle adjustments. Education will include explanations of fall risk factors such as:

- Falling once doubles the risk of falling again.
- People with hearing loss are nearly three times as likely to fall compared to those with normal hearing, but wearing a hearing aid reduces the risk of falling by 50%.
- Lower body weakness and difficulties with walking and balance increase the risk for falls.
- Certain medications can have side effects that increase the risk of falls.
- Chronic conditions such as diabetes and arthritis can increase the risk of falls due to neuropathy, pain, and other symptoms that can affect walking and balance.
- Home modifications can address existing hazards to reduce falls risk in the home.

The Fall Prevention Fair will educate attendees on how to care for their whole body while visiting professionals who specialize in fall prevention including physicians, dietitians, physical and occupational therapists, vision specialists, and more. Attendees will have the opportunity to participate in a fun exercise class that focuses on fall prevention, and visit educational booths related to insurance, traumatic brain injury, dementia and related diseases, and mental health.

Attendees should bring a list of their medications, old eyeglasses to donate, questions about aging and comfortable shoes. Join EIPH and EIRMC at the first annual Fall Prevention Fair.

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