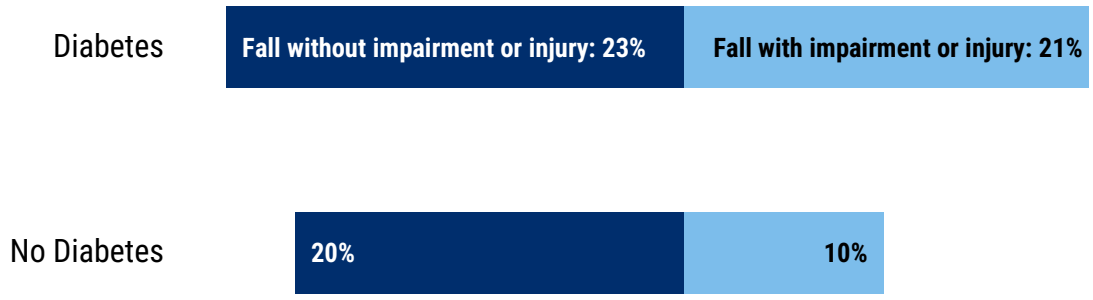
Diabetes is a Risk Factor for Falls

Figure. Montanans aged 45 years or older with diabetes reported experiencing falls, and sustaining an impairment or injury from the fall, more than those without diabetes.[1]



- In 2023 in Montana, 44% of adults aged 45 years or older with diabetes reported a fall in the past year, compared to 30% without diabetes.[1]
    - One-in-five (21%) of Montanans aged 45 years or older with diabetes who reported a fall experienced an impairment or injury resulting in a hospital visit.[1]
    - One-in-ten (10%) of those without diabetes who reported a fall experienced an impairment or injury resulting in a hospital visit.[1]
- Between 2023-2025, falls accounted for 7% of emergency department visits in Montana among adults aged 45 and older and 8% of hospital admissions.[2]
- The leading causes of falls among Montanans aged 45 years and older resulting in an emergency department visit or hospitalization were slips, trips, and stumbles.[2]
- People with diabetes are prone to experiencing falls due to impacts of the disease on vision, nerves of the feet, medications, large-joint issues, and blood sugar.[3]
- Falling is NOT a normal part of aging, and most falls can be prevented by making lifestyle modifications. Visit the Montana Falls Prevention webpage to find fall prevention resources, or the Montana Diabetes Program's Diabetes Self-Management Education Support (DSMES) webpage for resources tailored to diabetes self-management that can reduce the risk of falls. [4,5]

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1. Montana Department of Public Health and Human Services (MT DPHHS) and Centers for Disease Control and Prevention. (2023). *Behavioral Risk Factor Surveillance System Survey Data*. Helena, MT: Public Health and Safety Division, MT DPHHS. 2. Epidemiology and Scientific Support Bureau, PHSD, MT DPHHS. (2023-2025). Montana Hospital Discharge Data System. Data provided courtesy of participating MHA members. 3. American Diabetes Association (2026). Balance and Avoiding Falls. https://diabetes.org/health-wellness/fitness/balance-and-avoiding-falls. 4. MT DPHHS (2026). Falls Prevention. https://dphhs.mt.gov/publichealth/FallPrevention/. 5. MT DPHHS (2026). Diabetes Self-Management Education Support (DSMES). https://diabetes-self-management-education-services-mtdphhs.hub.arcgis.com/.

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