Falls and Bone Health

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2.24i – Injuries due to falls in people aged 65 and over (Persons) – Bury

Per 100,000

England
Three Sides of the Same Problem

- Fragility Fractures
- Falls
- Osteoporosis
Falls

- In Bury's 65+ population, it is estimated that
  - 35% will fall each year
  - Of those, 43% will fall twice or more
  - Of those, 33% will attend A&E or a minor injuries unit
  - A similar number (33%) will call for an ambulance
  - 7% of annual fallers will sustain a fracture, 33% of those to the hip
- Falls are the leading cause of death due to injury in people aged over 75 in the UK
- Injuries range from minimal to serious, including loss of confidence
- Falls trigger over 40% of admissions into nursing and residential care and commonest reason for referrals to IMC
Osteoporosis

- Fragility fracture often first indicator of undiagnosed osteoporosis
- In the 50+, 1:3 women and 1:5 men affected by osteoporosis
- Of all women who reach age 70, nearly $\frac{1}{2}$ will have experienced an osteoporotic fracture by then.
- In a population of 300,000 it is estimated there is:
  a. 55,000 post-menopausal (p/m) women
  b. 17,400 p/m women with undiagnosed osteoporosis
  c. 6,900 p/m women with a previous fracture of any kind
  d. 900 p/m women with a new fracture each year.
- Those in groups c and d make up 16% of the local pop’n, but it is from these groups that 50% of hip fractures occur.
Fragility Fractures

- Fragility fractures are fractures that result from low-level trauma, which means mechanical forces that would not ordinarily cause fracture.
- The most common serious falls related injury is hip fracture and this is commonest cause of accident related death in older people.
- Around 10% of over 65s experiencing hip fracture will die within 1 month, 20% will die within 4 months and 30% within 12 months.
- The majority of fractures in older people due to a fall are fragility fractures due to osteoporosis.
- Around half of all women and 1:6 men will experience a fragility fracture in later life.
- 50% of hip fracture patients lose their ability to live independently.
Hip Fractures in 65+

4.14i – Hip fractures in people aged 65 and over (Persons) – Bury

- England

Graph showing the number of hip fractures per 100,000 people in Bury from 2010/11 to 2014/15.
Fragility fractures as a long term condition

“Hip fracture is all too often the final destination of a 30 year journey fuelled by decreasing bone strength and increasing falls risk”²

What do we need to do

• to reduce the incidence of falls
• to reduce the severity of injuries;
and
• to ensure effective treatment and rehabilitation for those who have fallen
DH Systematic approach to falls and fracture care & prevention: four key objectives

Objective 1: Improve outcomes and improve efficiency of care after hip fractures – by following the 6 “Blue Book” standards

Objective 2: Respond to the first fracture, prevent the second – through Fracture Liaison Services in acute and primary care

Objective 3: Early intervention to restore independence – through falls care pathway linking acute and urgent care services to secondary falls prevention

Objective 4: Prevent frailty, preserve bone health, reduce accidents – through preserving physical activity, healthy lifestyles and reducing environmental hazards