

Variation in falling and fall risk among community-dwelling older citizens in 12 European countries

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CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report

Falls: an introduction

Burden health

- 30% community-dwelling elderly >65y fall yearly
- 90% hip fractures attributed to falls

Burden resources

- In 2000, direct costs hip fractures Europe over €24 billion
- In 2050, costs expected to double



Falls: an introduction

- No studies on international variation in falling and fall risk
 - Important to inform policy
 - Prioritize right fall prevention programmes
- Composition of fall-risk factors in populations could explain variation
 - Socio-demographic
 - Intrinsic
 - Extrinsic

Research questions

1. Are there between-country differences in fall rate?
2. Are there between-country differences in prevalence of socio-demographic and intrinsic fall risk characteristics
3. Do these differences account for possible differences in fall rate?

Methods



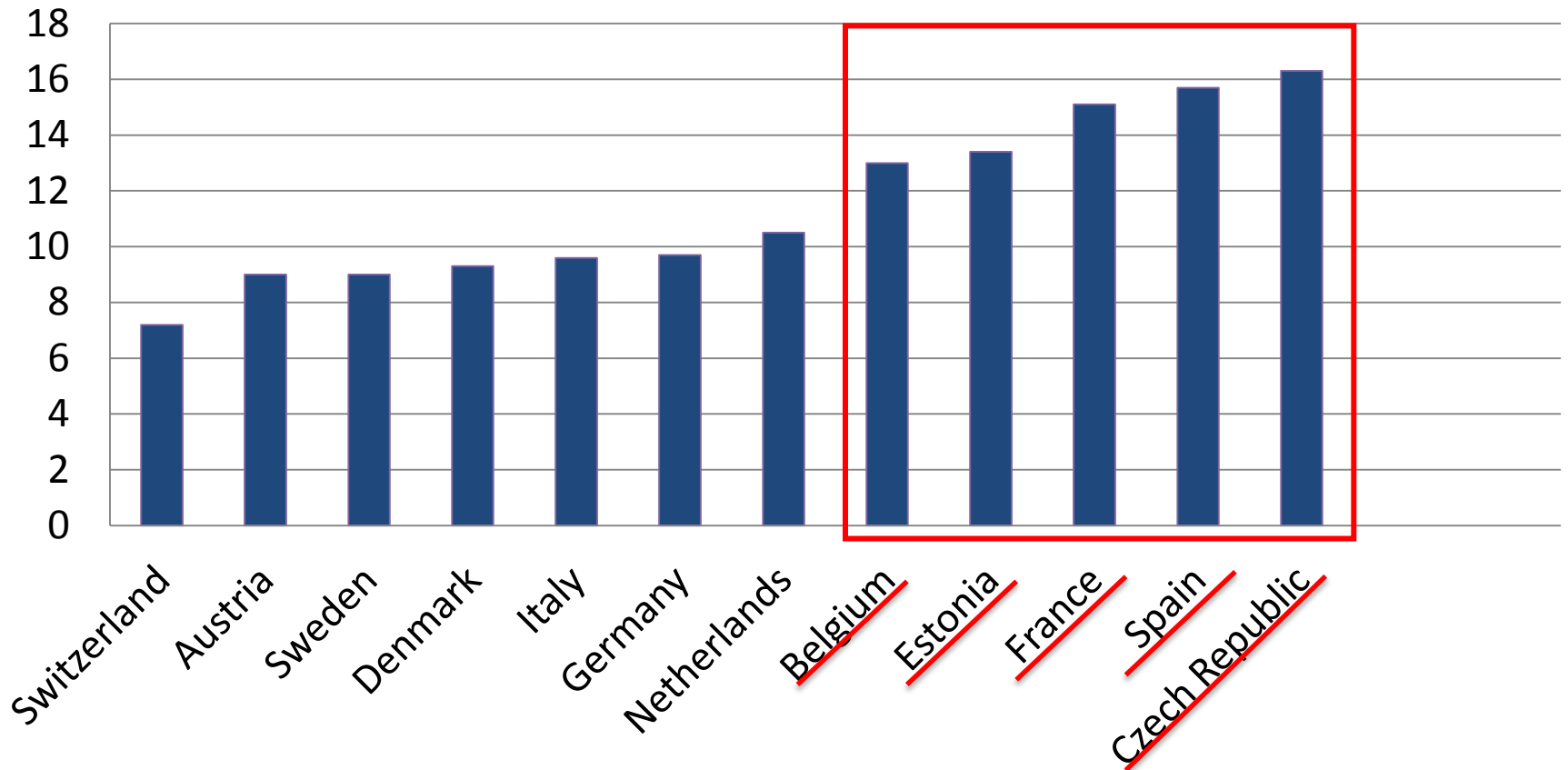
- Data: Survey of Health, Ageing and Retirement in Europe (SHARE), wave 4&5 (2010-2013)
- Population: 18,596 community-dwelling men and women aged ≥ 65 years from 12 European countries

Measurements

- At baseline: Fall risk factors
 - Socio-demographics (age, sex, education, living alone)
 - Mobility limitations, ADL, dizziness, depression, self-perceived health, vision, cognitive function
- At 2-year follow-up: Falling
 - Question: “For the past six months at least, have you been bothered by any of the health conditions on this card?”

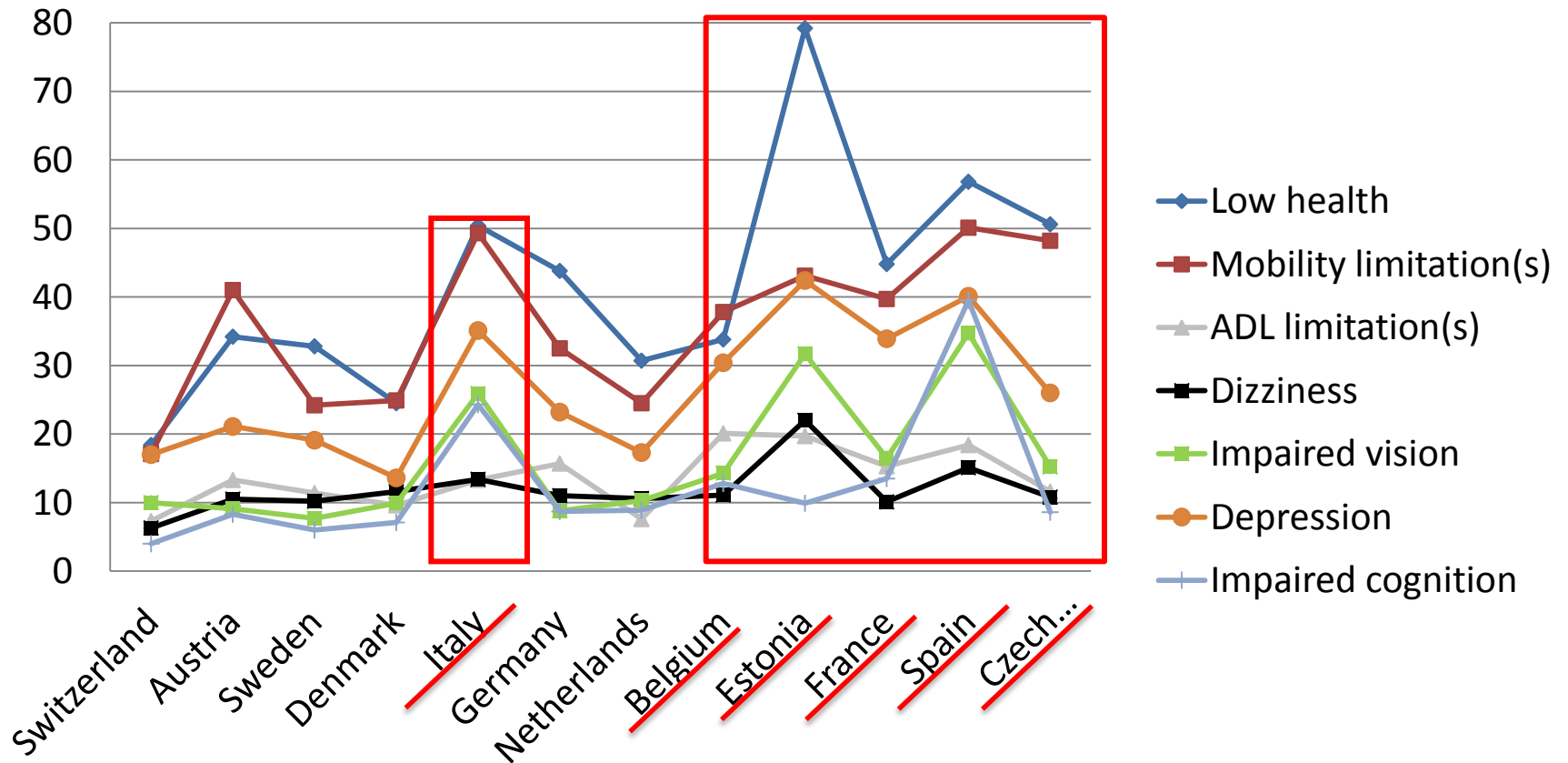
Results 1: Are there between-country differences in fall rate?

Falling by country



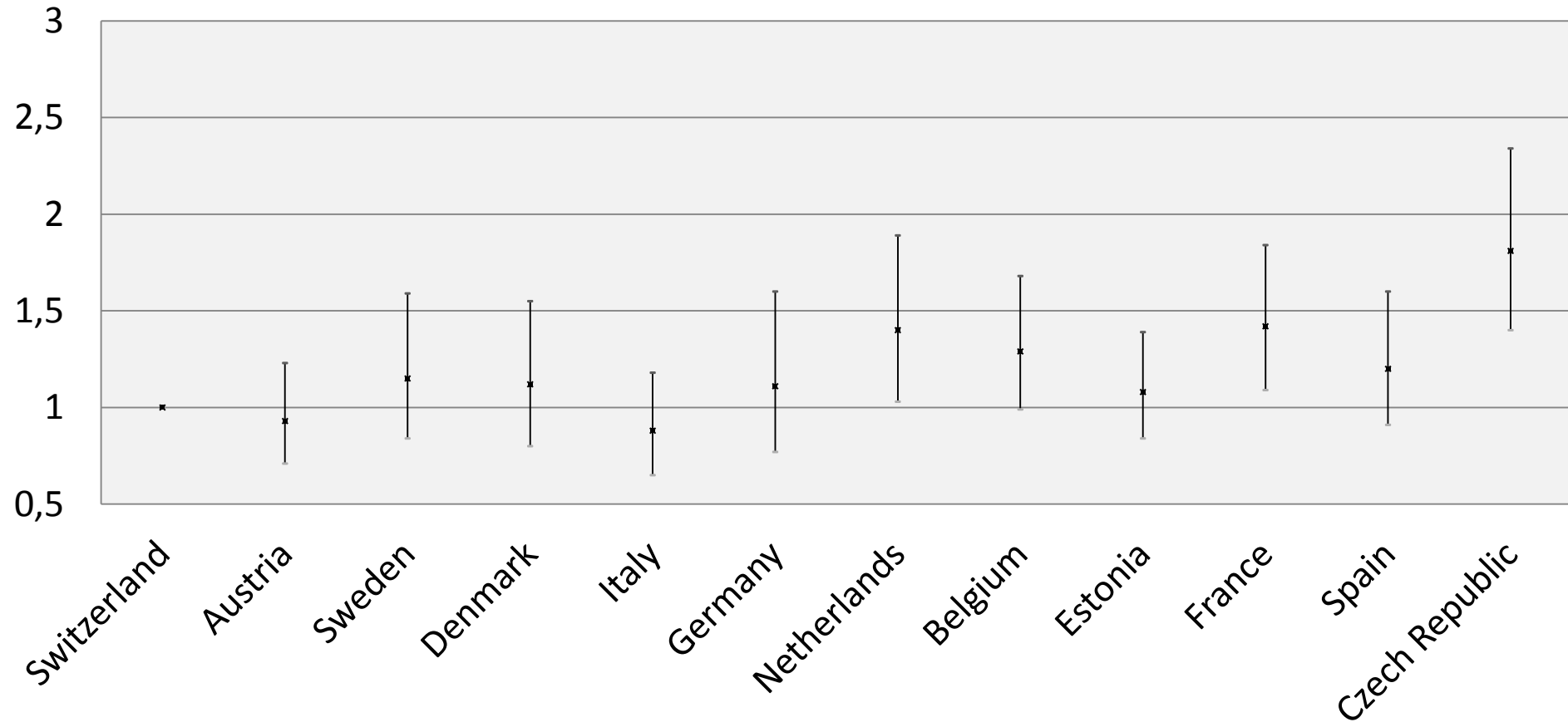
Results 2: Are there between-country differences
 in terms of intrinsic fall characteristics?

Intrinsic fall risk factors by country



Results 3: Do these differences account for possible differences in falls?

Falls by country, adjusted for intrinsic fall risk factors (aOR)



Discussion/Conclusion

- Fall incidence varies between European countries
 - Higher in Belgium, France, Spain, Estonia, Czech Republic
- Explained by:
 - Differences main intrinsic fall risk factors
 - Not by socio-demographic composition
- Other explanations: home hazards, risk behaviour

Discussion/Conclusion

- Limitations
 - self-reported data
 - 25% persons lost to follow-up between baseline & follow-up
- Strengths
 - first cross-national comparative study falling
 - Nationally representative samples
 - Able to capture many intrinsic risk factors

Thank you!

- Co-authors and collaborators: Hein Raat, Judith Rietjens, Ed van Beeck, Francesco Mattace Raseo, Lex Burdorf, Amy van Grieken, Agnes van der Heide, Ida Korfage
- SHARE research team and participants

Do you have any questions?



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