

A decreasing trend in fall-related hip fracture incidence in Victoria, Australia

Author/s: Cassell, E. Clapperton, A. | **Year:** 2013 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Physical Health

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Key Words:

falls, hip fractures, Victoria, characteristics

Research aim:

The study aim was to investigate trends in the incidence of fall-related and hip fracture hospitalisations among Victorians aged 65 years and older overall and by age, gender, country of birth, socio-economic status (SES) and location of the event (home, residential care institution, etc.) over the 11-year period 1998/1999 to 2008/2009.

Results/Conclusion:

Although the age-standardised incidence of fall-related hospitalisations increased significantly by 13% in Victoria, the age-standardised incidence of fall-related hip fracture hospitalisations decreased by an estimated 25%. By contrast, the age-standardised incidence of fall-related hospitalisations for fractures at other body sites either increased significantly or showed no significant change. Significant decreases in fall-related hip fractures were observed in both males and females, across all 5-year age groups, in both Australian-born and overseas-born Victorians, in all socio-economic quintiles and in community-dwelling older people but not in people living in residential care facilities.

Implications:

Despite the downward trend in the age-standardised incidence of fall-related hip fractures in Victoria, the burden of fall-related and hip fracture hospitalisations on health care systems and the community is set to escalate due to the ageing of the Victorian population.

Cultural Group(s):

Overseas born (as a comparative group)

Location of study:

Victoria

Age group:

65+

Number included in study:

N/A

Type of participants:

Research approach:

Quantitative

Type of data:

Secondary

Secondary data sources used:

Victorian hospitals admissions data

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: