

JSNA Health and Wellbeing Profile 2024/25

Falls

Fear of falling contributes to social isolation, which both reduces the quality of many older people lives, and increases the need for care and support services. However, falling is not an inevitable part of ageing. The risks of falling, sustaining injury following a fall and of being admitted to hospital following an injury, can all be reduced.

Summary points

- In 2022/23 there were 1,525 emergency hospital admissions due to falls in people aged 65 and over in Bristol.
- The Bristol rate of emergency hospital admissions due to falls in people aged 65 and over in 2022/23 was 2,422 per 100,000 population, significantly higher than England average of 1,933 per 100,000.
- Easton ward had the highest rate of emergency hospital admissions due to falls in people aged 65 and over in the 3 year period of 2020/21 – 2022/23.
- There were 350 emergency hospital admissions for hip fracture in people aged 65 and over in 2022/23 in Bristol, a rate of 551 per 100,000 population. This is similar to the England average of 558 per 100,000.

Emergency admissions for fall-related injuries

In 2022/23 Bristol's rate of emergency admission to hospital for injuries due to falls among people aged 65 and over was 2,422 per 100,000 population, significantly higher than the England average of 1,933 per 100,000 population (Figure 1).

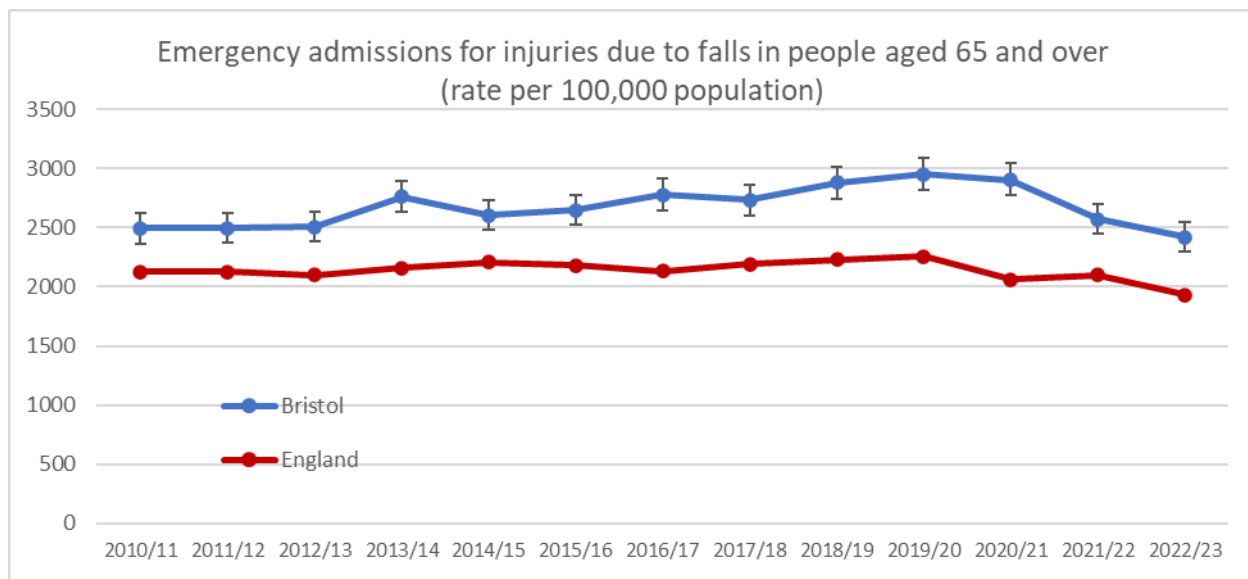


Figure 1: Hospital admissions from injuries due to falls (65+) via Public Health Outcomes Framework, July 2024.

During 2022/23 there were 1,525 emergency admissions to hospital with an injury due to a fall among people aged 65 and over. 64% (970) of those were people aged 80 and older.

The rate of emergency falls admissions in that age group was 5,860 per 100,000 population in 2022/23, statistically significantly higher than the England average. Since 2011/12 the rate among over 80s in Bristol has been consistently higher than England average (Figure 2)

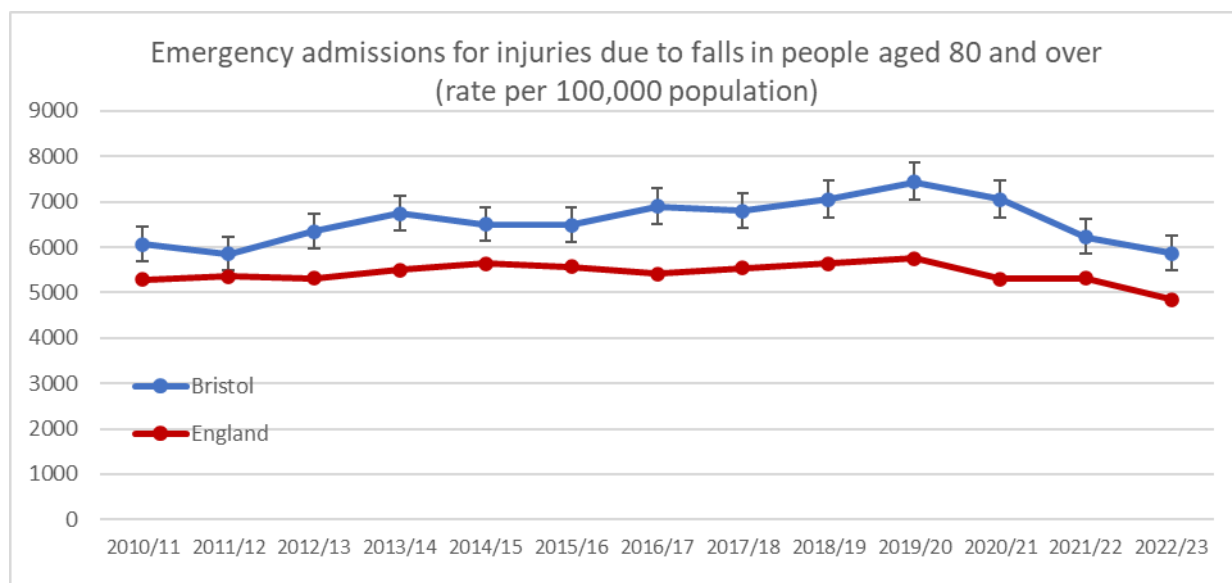


Figure 2: Hospital admissions from injuries due to falls (80+) via Public Health Outcomes Framework, July 2024.

Almost two thirds (63%) of falls-related admissions (aged 65+) are among females. In 2022/23 falls admissions rates among females decreased for the second year running (Figure 3), but they still remain significantly higher than the England average.

Among males there has been a statistically significant increase in falls admissions rates between 2010/11 and 2018/19 : from 1,995 to 2,734 per 100,000 (37% increase) (Figure 3). In 2021/22 the rates fell by 12% compared to the previous year and have remained stable for 2022/23. The rates among men are consistently higher than the England average (Figure 4).

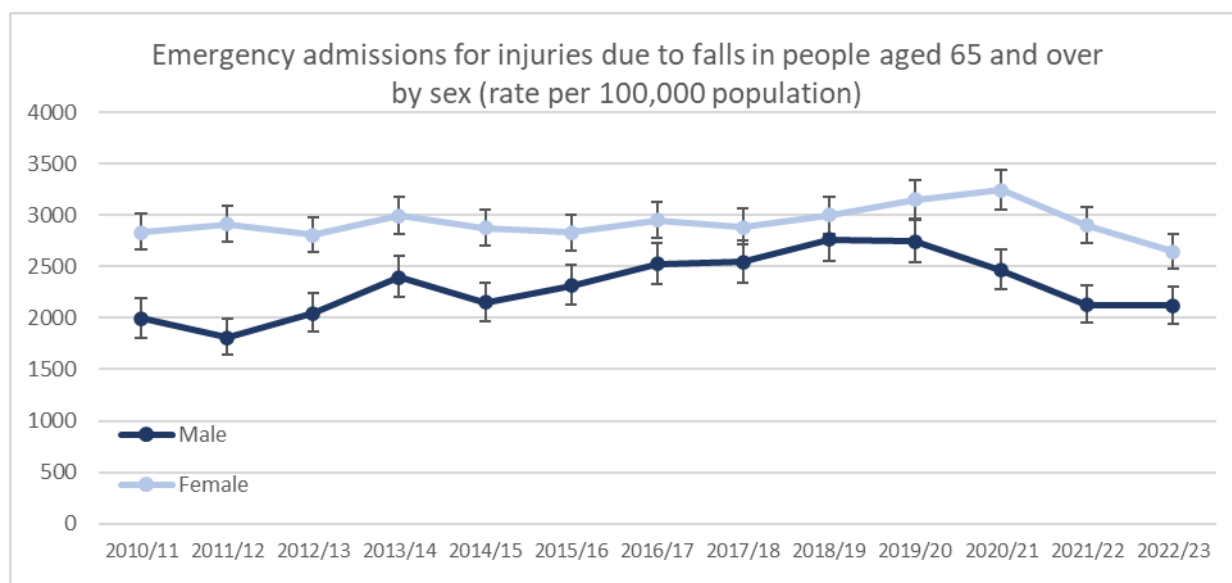


Figure 3: Hospital admissions from injuries due to falls (65+) via Public Health Outcomes Framework, July 2024.

Public Health Outcomes Indicator 2022/23	Bristol		England	Significantly lower/higher than England
	Number	Rate / 100,000	Rate/ 100,000	
Injuries due to falls in people aged 65 and over (persons)	1,525	2,422	1,933	higher
Injuries due to falls in people aged 65 and over (Male)	555	2,122	1,616	higher
Injuries due to falls in people aged 65 and over (Female)	965	2,648	2,170	higher
Injuries due to falls in people aged 65-79 (Persons)	555	1,236	928	higher
Injuries due to falls in people aged 65-79 (Male)	235	1,098	776	higher
Injuries due to falls in people aged 65-79 (Female)	320	1,365	1,065	higher
Injuries due to falls in people aged 80+ (Persons)	970	5,860	4,845	higher
Injuries due to falls in people aged 80+ (Male)	320	5,092	4,052	higher
Injuries due to falls in people aged 80+ (Female)	650	6,370	5,374	higher

Figure 4: Emergency hospital admissions from injuries due to falls (Public Health Outcomes Framework, July 2024)

Analysis of the 65+ falls admissions rates (crude rates per 10,000) by Bristol ward in the 3 year period 2020/21 to 2022/23 showed the highest rates were in Easton (crude rate 366 per 10,000 population 65+), Southville (350) and Central (339). The rates for Easton and Southville are also statistically significantly higher than the Bristol average of 259 per 10,000 population.

The lowest rates have been in Hotwells and Harbourside, St George Troopers Hill, Stoke Bishop, Brislington East and Hillfields – all significantly lower than the Bristol average. See figure 5 for more details.

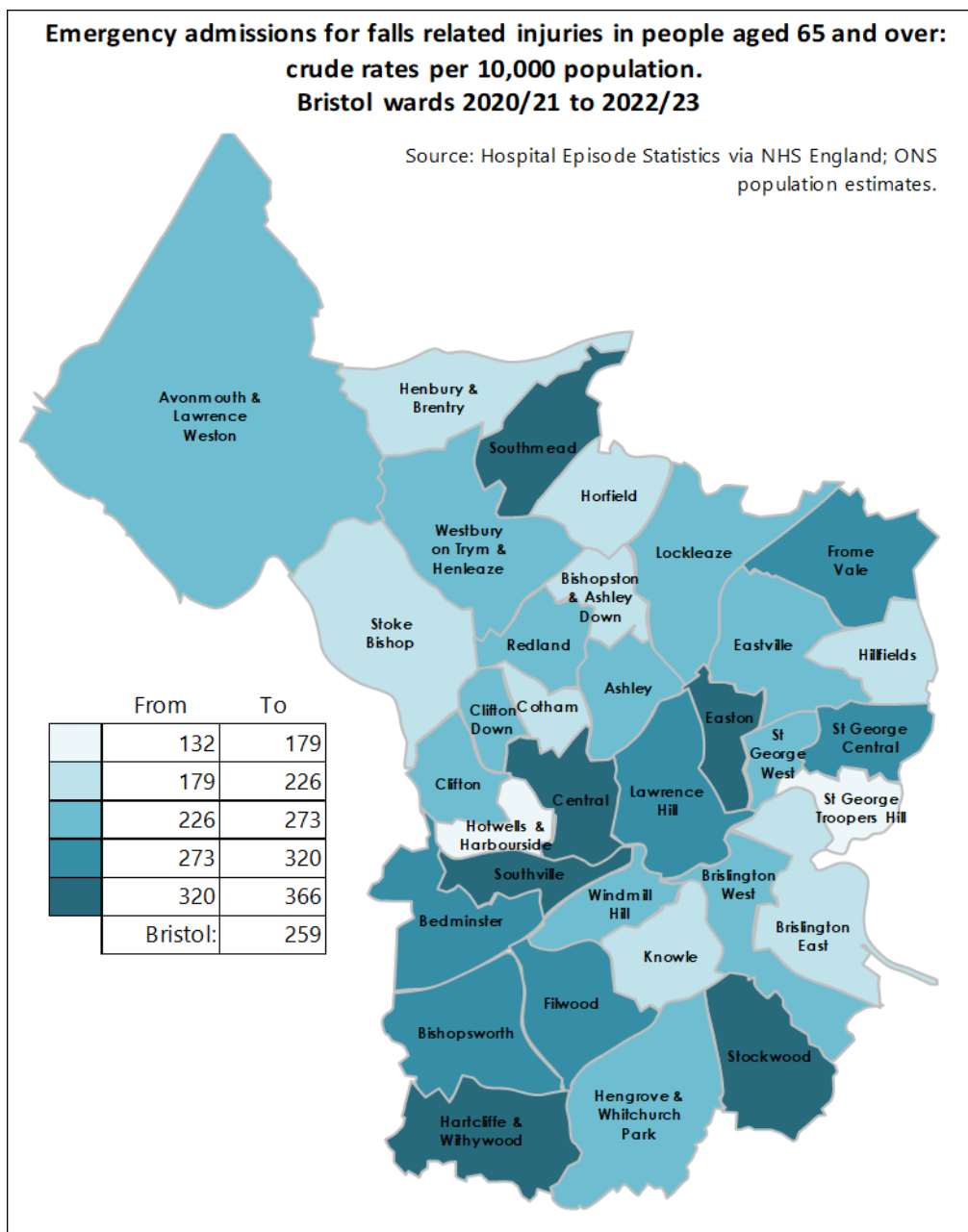


Figure 5: Hospital admissions from injuries due to falls. Source: Hospital Episode Statistics via NHS England, 2020/21 to 2022/23

Hip fracture

One of the most common injuries resulting in emergency admission following a fall is fractured neck of femur (or hip fracture). In 2022/23 Bristol’s rate of hip fractures (551 per 100,000) was higher than the previous year and similar to the national average of 558 per 100,000 (Figure 6). 350 people aged 65 & over in Bristol were admitted to hospital with hip fractures in 2022/23.

Females accounted for 70% of hip fracture admissions in 2022/23 (245 admissions), a rate of 665 admissions per 100,000 aged 65+. Males accounted for 30% of admissions (105 admissions), a rate of 407 per 100,000 aged 65+. Rates for both females and males are similar to the England average.

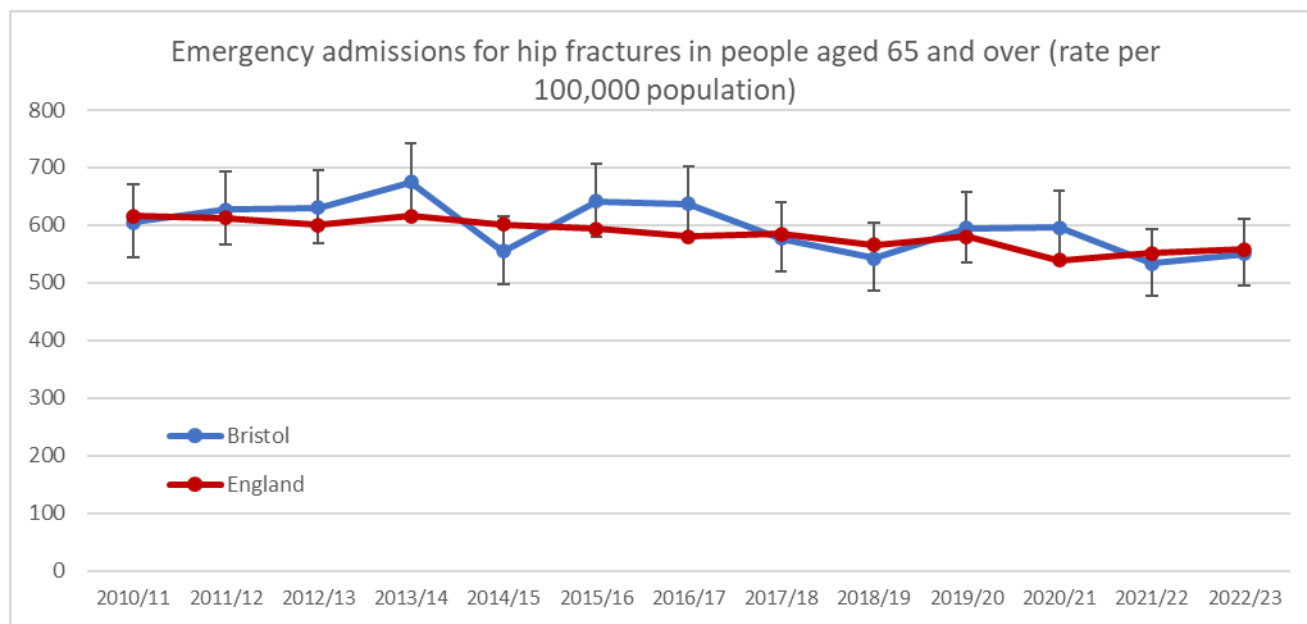


Figure 6: Hospital admissions due to hip fractures. Public Health Outcomes Framework, July 2024.

Further data / links / consultations:

- Public Health Outcomes Framework: <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>
- [Population estimates - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)
- [Hospital Episode Statistics \(HES\) - NHS Digital](https://nhs.uk)
- [Wider impacts of COVID-19 on physical activity, deconditioning and falls in older adults \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Covid-19 Impact:

Whilst it is too early to identify the full impact of the pandemic on falls prevalence it is likely that the pandemic requirements for the public to stay home will have had a negative impact upon the ability of many older people to maintain their levels of physical activity. This would have a negative impact upon the levels of strength and fitness that older and frail people were able to maintain. This 'deconditioning' is a known risk factor that increases the likelihood of future falls.

Date updated: July 2024

Next update due: June 2025