Accidental falls – the leading cause of injury related mortality and hospitalization in the elderly in Croatia

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03/10/2019 to 04/10/2019, Luxembourg
Elderly people are at an increased risk of accidental falls

More than one-third of older adults (≥65) falls each year

A serious fall in older age can result in:

- Long term treatment
- Death
- Psychosocial consequences
- Decreased quality of life
The leading causes of injury related death in older people (≥65) in Croatia, 2017

Falls are the leading cause of injury-related deaths in older persons (65+)

The most common somatic diagnosis in older people who died from accidental falls are fracture of the femur and intracranial injury

Source: Croatian Bureau of Statistics, CIPH
Accidental falls - mortality trends in older people (≥65) in Croatia for the period 1995-2017
Fall related death rate in Croatia in 2017 by gender and age (≥65)

Source: Croatian Bureau of Statistics, CIPH
SDR(65+), Accidental falls, (Latest data) (deaths per 100 000)

Croatia (2016) = 104.4

EU (2015) = 37.03
Leading causes of hospitalizations due to injuries in older people (≥65), Croatia, 2017

Source: CIPH, Hospital discharge database
Fall related hospitalization rates in the elderly (≥65), 2008-2017

Source: CIPH, Hospital discharge database
Hospitalizations - The most common injuries (S00-T98), in older people (≥65), 2017

- Fracture of femur (S72)
- Fracture of rib(s), sternum and thoracic spine (S22)
- Fracture of lumbar spine and pelvis (S32)
- Intracranial injury (S06)
- Fracture of lower leg, including ankle (S82)

Source: CIPH, Hospital discharge database
Accidental falls are the leading cause of injury death and hospitalizations of adults aged 65 and older in Croatia.

Increasing death rates, as well as, hospitalization rate due to falls have been noted.

Increasing number of older people in Croatia will contribute to even bigger burden of accidental falls.

Falls prevention is a challenge to population ageing.

The population of Croatia is rapidly aging. Proportion of Adults aged 65 and older:
- 15.7% according to the 2001 census.
- 17.7% according to the 2011 census.
- 19.8% according to Croatian Bureau of Statistics estimates for 2017.
Prevent fall - stay on your feet

- Control of health condition (medication review and modification, clinical intervention)
- Adopting healthy lifestyle habits
- Tips for more stability
- Environmental modification
Thank you for your attention