

Age well: falls and hip fractures in Oxfordshire

Falls and hip fracture data for 2020/21 has just been released by the Office for Health Improvement & Disparities (Feb 2022).

Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes¹. Falls that results in injury can be very serious - approximately 1 in 20 older people living in the community experience a fracture or need hospitalisation after a fall².

Hip fracture is a debilitating condition – only one in three sufferers return to their former levels of independence and one in three ends up leaving their own home and moving to long-term care³.

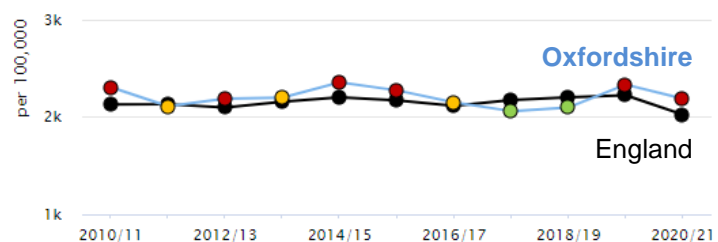
The rate of **hospital admissions due to falls** in Oxfordshire county has remained above the national average.

In 2020/21 there was a **total of 3,005** people in Oxfordshire aged 65 and over admitted as an emergency following a fall. This was slightly below the number in 2019/20 (3,165).

The districts with the highest rates of admissions due to falls were Cherwell and Oxford City. Each remained above the national average.

The rate in Cherwell is increasing (comparison over 5 years).

Emergency hospital admissions for falls injuries in persons aged 65 and over, directly age standardised rate per 100,000



2020/21	Recent Trend	Count	Value
England	→	216,075	2,023
Oxfordshire Districts	-	-	-
Cherwell	↑	735	2,547
Oxford	→	475	2,294
West Oxfordshire	→	560	2,142
Vale of White Horse	→	620	2,089
South Oxfordshire	→	620	1,922

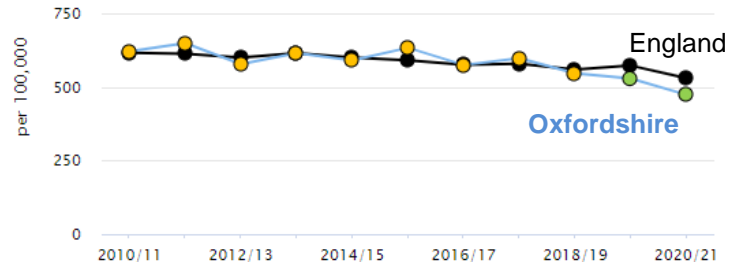
[Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)

There has been a decline in the **rate of admissions due to hip fractures** in Oxfordshire county and nationally.

In 2020/21 there was a **total of 655** people in Oxfordshire aged 65 and over admitted as an emergency with a hip fracture. This was below the number in 2019/20 (720).

As with falls, the districts with the highest rates of admissions due to hip fractures were Cherwell and Oxford City. Each remained similar to the national average.

Emergency hospital admissions for fractured neck of femur in persons aged 65 and over, directly age standardised rate per 100,000



2020/21	Recent Trend	Count	Value
England	↓	56,590	529
Oxfordshire Districts	-	-	-
Cherwell	→	160	557
Oxford	→	115	548
Vale of White Horse	→	130	441
West Oxfordshire	→	115	430
South Oxfordshire	↓	135	414

[Public health profiles - OHID \(phe.org.uk\)](https://phe.org.uk)

[1] [Public Health Outcomes Framework 2013 to 2016 - GOV.UK \(www.gov.uk\)](https://www.gov.uk) [2] [NHS services for falls and fractures in older people are inadequate, finds national clinical audit | RCP London](https://www.nice.org.uk) [3] [1 \(nice.org.uk\)](https://www.nice.org.uk)

Finding out more: [Productive Healthy Ageing Profile - OHID \(phe.org.uk\)](https://phe.org.uk) [The National Hip Fracture Database \(nhfd.co.uk\)](https://www.nhfd.co.uk)

We welcome your comments jsna@oxfordshire.gov.uk