

# Steady Steps to Staying Active for Life: A Falls and Bone Health Strategy for Swindon

Health and Wellbeing Board

Date: 14 December 2016

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Wards:	All
Locality Affected:	All
Parishes Affected:	All

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## 1. Purpose and Reasons

- 1.1 Following the agreement of the Swindon Falls and Bone Health JSNA recommendations at the Health and Wellbeing Board it was agreed that the Strategy would be reviewed by the Board and commitment to the aims of the strategy sought.
- 1.2 A Falls and Bone Health JSNA was produced in 2016. One of the recommendations from this was to produce a Falls and Bone Health Strategy, owned and to be implemented by members of the Swindon Falls and Bone Health Collaborative and other partners.
- 1.3 The Collaborative is a Swindon wide multi-agency group lead by Public Health at Swindon Borough Council and NHS Swindon Clinical Commissioning Group. Membership include Great Western Hospital Foundation Trust, SEQOL, Primary Care, South West Ambulance Foundation Trust, Dorset and Wiltshire Fire and Rescue Service, Swindon Borough Council, Avon and Wiltshire Mental Health Foundation Trust, Age UK and Healthwatch.
- 1.4 A draft strategy has been produced as attached. The title reflects the 'Steady Steps to Staying Active for Life' branding which has been developed by the Collaborative and used for a raising awareness event in October 2016 and a booklet on Healthy Ageing, developing strength and balance and reducing the risk of falls which has been distributed across Swindon. The strategy recognises that a focus on falls prevention can result in a risk adverse approach where people are encouraged not to move around and to be inactive. The focus of the strategy is to promote mobility, independence and keeping active in a safe way to reduce harm from falls but developing good bone health throughout the lifecycle.

## 2. Recommendations

The Board is recommended to:

- 2.1 To support the aims and outcomes of the Steady Steps to Staying Active for Life: A Falls and Bone Health Strategy for Swindon attached at Appendix 1 to the report.

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- 2.2 To recommend to Cabinet and the Clinical Commissioning Governing Body that they adopt the Steady Steps to Staying Active for Life: A Falls and Bone Health Strategy for Swindon.

## 3. Detail

- 3.1 Falls and fall-related injuries are a common and serious problem for older people. Each year 30% of over-65s experience one or more falls and about 50% of people aged over 80 fall. Between 10 and 25% of such fallers will sustain a serious injury (NICE 2013, DH 2009). After a first fall people have a 66% chance of having another fall within a year. Falls are the most common cause of death from injury in the over 65s and cost the NHS over £2bn a year and over 4 million bed days. At an individual level, falls are the number one precipitating factor for a person losing independence and going into long term care.
- 3.2 Falls are not an inevitable part of growing old although the likelihood of a fall increases with age. There are clear risk factors for falling which include previous falls, fear of falling, balance problems, gait and mobility problems, pain, drugs, cardiovascular conditions, and cognitive impairment. External risk factors include poor or cold housing, poor footwear and home hazards: all of which can be modified.
- 3.3 The strongest evidence base for falls prevention is to promote balance and strength development throughout life and once someone has fallen to have an effective fracture liaison service. Strength and balance provision is part of the Government's physical activity guidelines which advise that over a week, people should do at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more, including exercises to improve balance and co-ordination on at least two days a week. Promoting strength and balance will be a key part of the Falls Strategy and also links to the Get Swindon Active Strategy. A fracture liaison service is one of the priorities from the Sustainability and Transformation Plans across the Swindon, Wiltshire and Bath and North East Somerset footprint.
- 3.4 Steady Steps to Staying Active for Life: A Falls and Bone Health Strategy for Swindon aims to:
- 3.4.1 Promote mobility, independence and improved quality of life for older people.
  - 3.4.2 Promote balance and strength as an integral part of ageing well.
  - 3.4.3 Prevent avoidable falls and reduce the number of hospital admissions due to a fall.
  - 3.4.4 Improve outcomes for people who have sustained a fracture.
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- 3.5 The outcomes of the strategy will be:
  - 3.5.1 Support for people to age well, develop strength and balance throughout their life;
  - 3.5.2 Early and effective identification of people at risk of a fall and early intervention to support them;
  - 3.5.3 A good pathway for people who do fall including preventing future fractures, increasing awareness of the services available and ensuring that treatment doesn't increase risk by reducing mobility when people are in hospital or residential care;
  - 3.5.4 Training and support for the workforce recognising the Making Every Contact Count model that everyone has a role in this.
- 3.6 This will be measured via monitoring of the number of fractured neck of femurs, number of admissions to hospital for falls over 65 years, number of inpatient falls, number of people accessing evidence based preventative exercise and strength and balance classes and number of providers engaging with training.
- 3.7 An action plan will be developed by the Collaborative with measurable actions, timescales and targets under six themes:
  - 3.7.1 Early interventions to maintain independence and reduce the risk of falls.
  - 3.7.2 Preventing and managing falls amongst people who are at high risk of falling.
  - 3.7.3 Reducing the rate of inpatient falls and avoidable harm due to falls by April 2018 (this is a key target in Great Western Hospital's internal falls collaborative).
  - 3.7.4 Improving falls and promoting strength and balance in care homes.
  - 3.7.5 Improved bone health and reduced fragility fracture.
  - 3.7.6 Improve understanding of the prevalence and patterns of falls and injuries across Swindon and Shrivenham.
- 4. Alternative Options**
  - 4.1 The development of a strategy is an agreed outcome from the Swindon Falls and Bone Health JSNA and provides a framework and action plan for delivering falls work across partner agencies.

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## 5. Implications, Diversity Impact Assessment and Risk Management

### Financial and Procurement Implications

- 5.1 There are no direct financial or procurement implications arising from this report.
- 5.2 Any service reviews or service requirements which are discussed as a result of this report will be reviewed and a business case developed accordingly.
- 5.3 There are no additional recommendations beyond those which were agreed previously.

### Legal and Human Rights Implications

- 5.4 Legal and Human rights have been taken fully into account in compiling this report. It is considered that the recommendations within this report are compatible with Convention Rights.

### All Other Implications (including Staff, Sustainability, Health, Rural, Crime and Disorder)

- 5.5 There are positive implications on health from promoting falls prevention and bone health. This will benefit both the health and social community as falls have a significant economic and resource impact.

### Diversity Impact Assessment

- 5.6 A diversity impact assessment will be completed as part of the Swindon Falls and Bone Health Strategy and will be available on request. The falls and bone health action plan will include actions to work on identified gaps or issues.

### Risk Management

- 5.7 No specific risks have been identified at this stage for this report.

## 6. Consultees

- 6.1 The Board Director, Resources (Section 151 Officer) and Director of Law and Democratic Services (Monitoring Officer) are consulted in respect of all reports.

## 7. Background Papers

- 7.1 None.

## 8. Appendices

- 8.1 Appendix 1: Steady Steps to Staying Active for Life: A Falls and Bone Health Strategy for Swindon.