

# JSNA Health and Wellbeing Profile 2025/26

## 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 2023/24 there were 1,595 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 2023/24 was 2,519 per 100,000 population, significantly higher than England average of 1,984 per 100,000.
- Central ward had the highest rate of emergency hospital admissions due to falls in people aged 65 and over in the 3 year period of 2021/22 – 2023/24.
- There were 370 emergency hospital admissions for hip fracture in people aged 65 and over in 2023/24 in Bristol, a rate of 581 per 100,000 population. This is similar to the England average of 547 per 100,000.

### Emergency admissions for fall-related injuries

In 2023/24 Bristol's rate of emergency admission to hospital for injuries due to falls among people aged 65 and over was 2,519 per 100,000 population, significantly higher than the England average of 1,984 per 100,000 population (Figure 1). Bristol has the 14<sup>th</sup> highest rate of emergency admissions for falls of all local authorities in England and the second highest rate of all English Core cities. Core City rates range from 2,792 per 100,000 in Liverpool to 1,836 per 100,000 in Leeds.

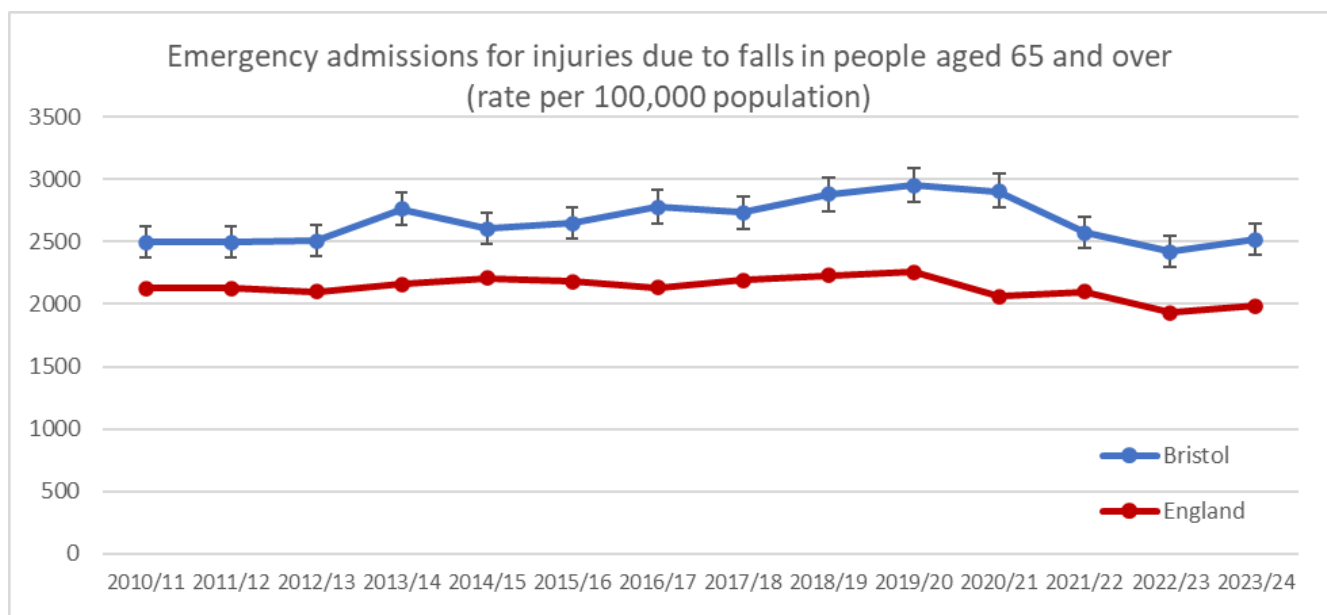


Figure 1: Hospital admissions from injuries due to falls (65+) via Public Health Outcomes Framework (PHOF), May 2025.

During 2023/24 there were 1,595 emergency admissions to hospital with an injury due to a fall among people aged 65 and over. 64% (1,020) of those were people aged 80 and older.

The rate of emergency falls admissions in that age group was 6,131 per 100,000 population in 2023/24, statistically significantly higher than the England average (4,969). Since 2011/12 the rate among over 80s in Bristol has been consistently higher than England average (Figure 2)

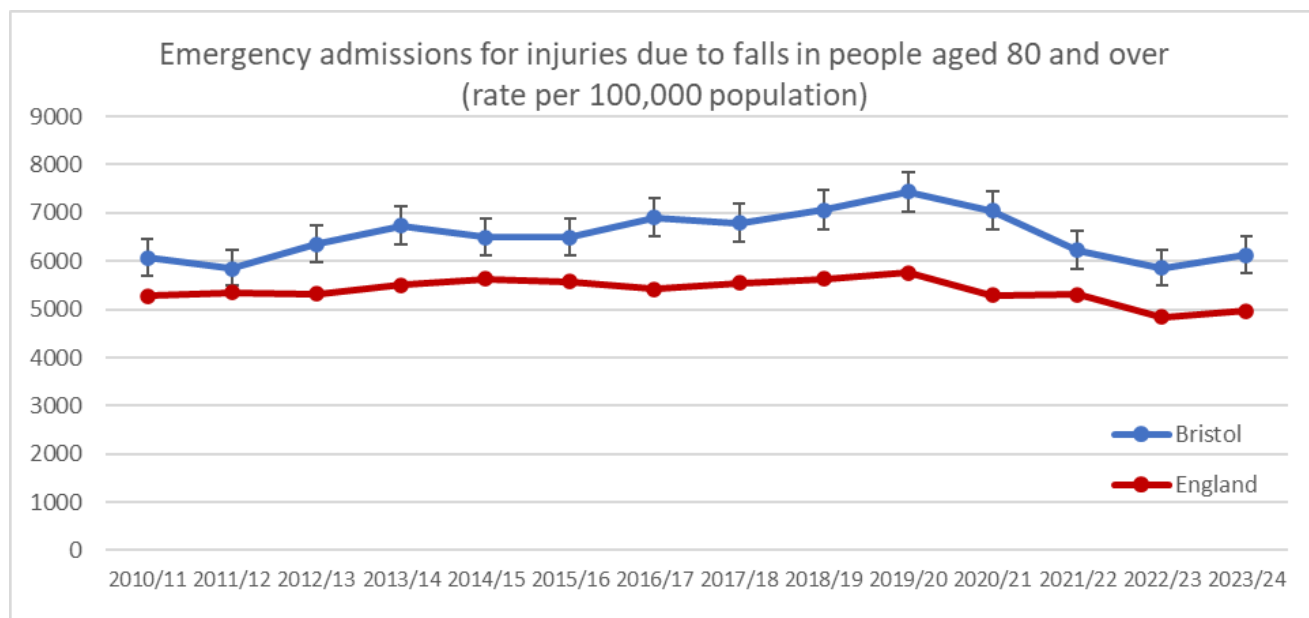


Figure 2: Hospital admissions from injuries due to falls (80+) via PHOF, May 2025.

Almost two thirds (63%) of falls-related admissions (aged 65+) are among females. Following two years of consecutive decreases in falls admissions among females, rates increased slightly in 2023/24 and still remain significantly higher than the admission rate for males (Figure 3).

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). Rates in the last three years (2021-24) have decreased and are significantly lower than the 2018/19 peak. Rates among men are consistently higher than the England average (Figure 4).

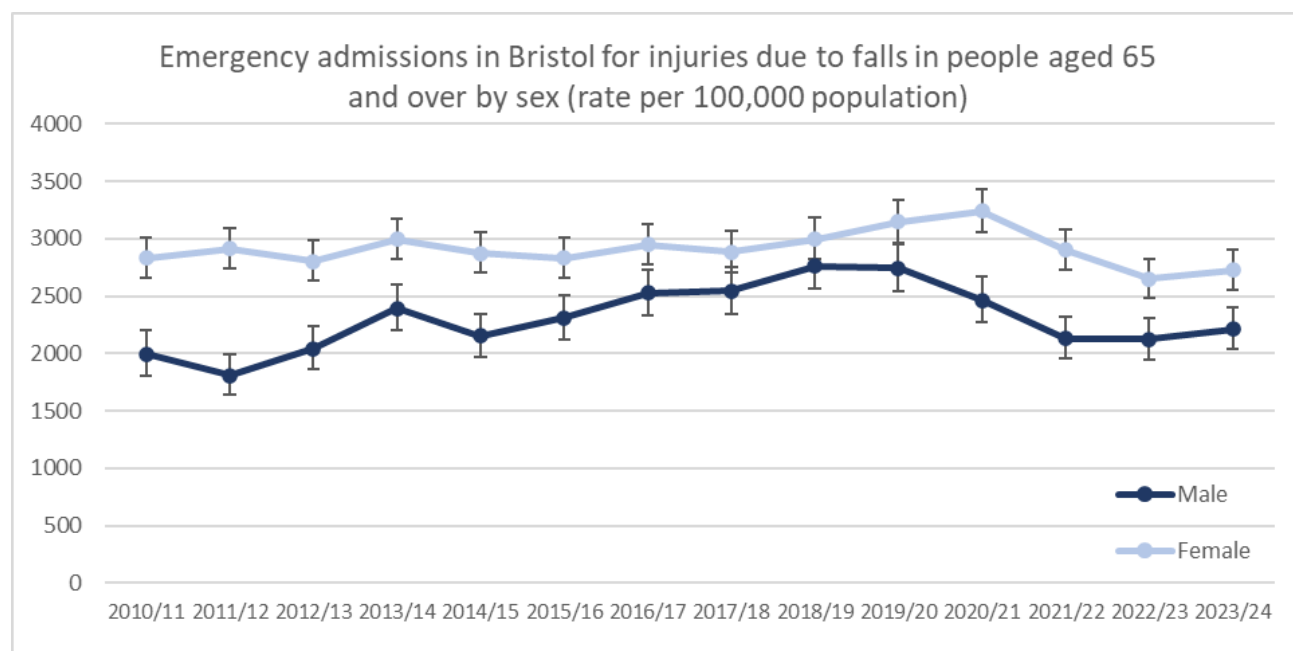


Figure 3: Hospital admissions from injuries due to falls (65+) via PHOF, May 2025.

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)	1,595	2,519	1,984	higher
Injuries due to falls in people aged 65 and over (Male)	590	2,210	1,661	higher
Injuries due to falls in people aged 65 and over (Female)	1,005	2,724	2,203	higher
Injuries due to falls in people aged 65-79 (Persons)	575	1,273	955	higher
Injuries due to falls in people aged 65-79 (Male)	260	1,205	798	higher
Injuries due to falls in people aged 65-79 (Female)	315	1,326	1,084	higher
Injuries due to falls in people aged 80+ (Persons)	1,020	6,131	4,969	higher
Injuries due to falls in people aged 80+ (Male)	330	5,127	4,167	higher
Injuries due to falls in people aged 80+ (Female)	690	6,778	5,450	higher

Figure 4: Emergency hospital admissions from injuries due to falls (PHOF, May 2025)

Analysis of the 65+ falls admissions rates (age standardised rates per 10,000) by Bristol ward in the 3 year period 2021/22 to 2023/24 showed the highest rates were in Central (7,453 per 10,000 population), Southville (5,328), Easton (4,141), Cotham (4,067) and Filwood (3,980). All of these wards plus Southmead, Hartcliffe and Withywood, Ashley, Eastville, Lawrence Hill and St George Central were statistically significantly higher than the Bristol average of 2,585 per 10,000 population.

The lowest rates have been in Hotwells and Harbourside, St George Troopers Hill, Stoke Bishop, Henbury and Brentry, Horfield, Westbury-on-Trym and Henleaze, Frome Vale and Hillfields – all significantly lower than the Bristol average. See figure 5 for more details.

By sub-locality emergency admission rates are significantly higher in the Inner City area of Bristol than any other area, illustrated as follows: Inner City (3,971 per 100,000), Bristol East (2,908), South (2,659), North and West (Outer) (2,275) and North and West (Inner) (2,189).

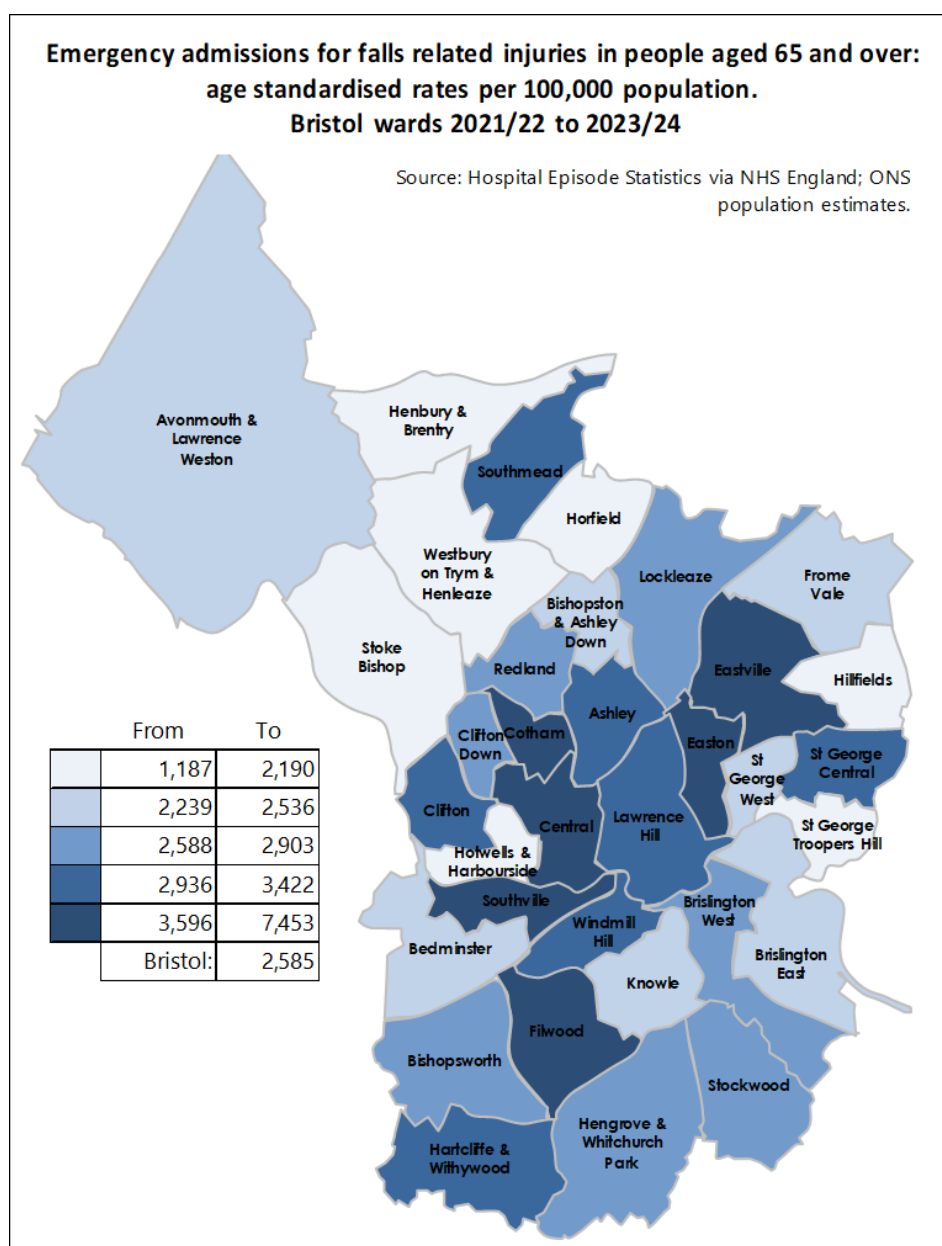


Figure 5: Hospital admissions from injuries due to falls. Source: Hospital Episode Statistics via NHS England, 2021/22 to 2023/24

### Hip fracture

One of the most common injuries resulting in emergency admission following a fall is fractured neck of femur (or hip fracture). In 2023/24 Bristol’s rate of hip fractures (581 per 100,000) was higher than the previous year and statistically similar to the national average of 547 per 100,000 (Figure 6). 370 people aged 65 and over in Bristol were admitted to hospital with hip fractures in 2023/24.

Females accounted for 66% of hip fracture admissions in 2023/24 (245 admissions), a rate of 652 admissions per 100,000 aged 65+. Males accounted for 34% of admissions (125 admissions), a rate of 468 per 100,000 aged 65+. Rates for both females and males are similar to the England average.

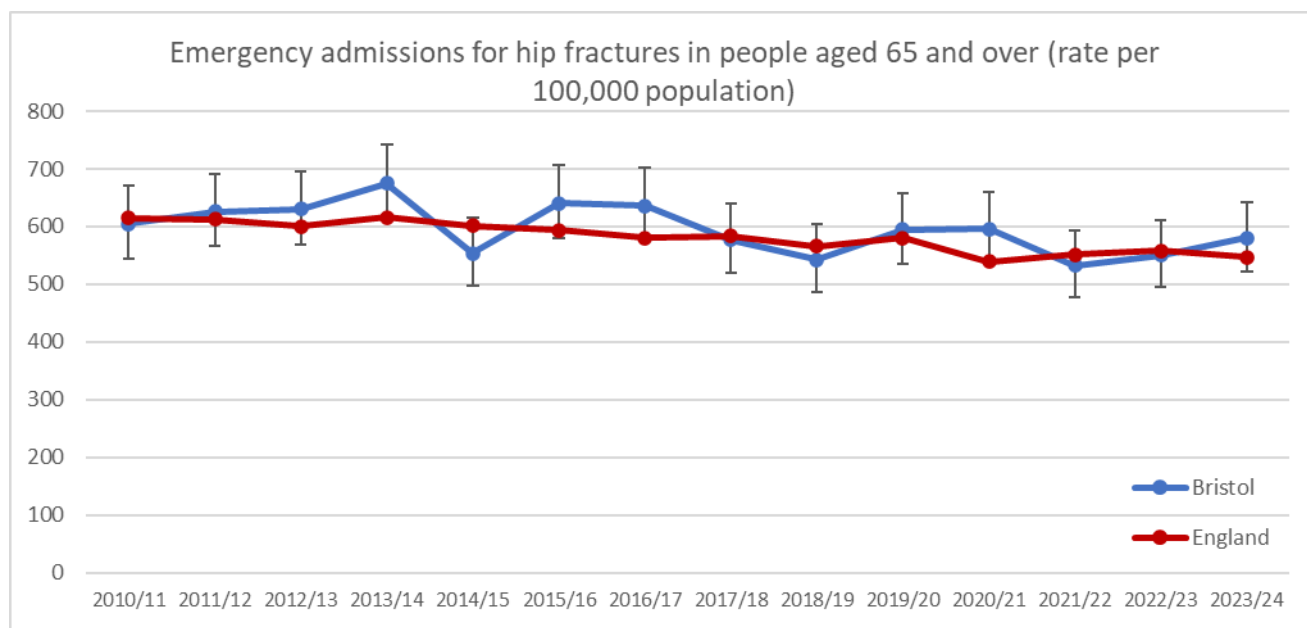


Figure 6: Hospital admissions due to hip fractures. PHOF, May 2025.

#### 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: May 2025

Next update due: May 2026