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FALLS IN YOUNG AND WORKING AGE ADULTS—SHOULD WE BE WORRYING ABOUT THEM?

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Falls research and prevention efforts have traditionally focused on the very young and very old. But what about falls in young and middle-aged adults are they an issue? Do people suddenly stop falling when they become young adults and not start again till they reach advancing years?

This presentation will focus on how common falls are in young and middle-age adults. The characteristics and contexts of falls in this age group will be discussed. Knowledge of factors that increase risks of having falls in this age group, and factors that predict poor outcome following falls will be presented. Finally opportunities for prevention will be debated including whether young and middle-aged adults think falls are a problem, what evidence is there that anything works, and where might future opportunities lie.