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TRENDS IN HIP FRACTURE INCIDENCE RATES AMONG ELDERLY IN SWEDEN 1987–2009

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Background Falls are the most common cause of injury related hospital admission among elderly in Sweden and with an ageing population fears have been raised that fall-related admissions will increase, with large societal costs as a result. Hip fractures are the most common type of hospitalised, fall-related injuries.

Aims/Objectives/Purpose Previous studies in Sweden have shown large increases in hip fracture incidence rates. International research, however, suggests a levelling off, or decline, of hip fracture incidence rates though for Sweden this remains to be studied.

Method Data was obtained regarding hip fractures among individuals 65 years and above from 1987 to 2009. Age and sex specific trends in hip fracture rates per 100 000 and mean age when sustaining a hip fracture were analysed. Secondly, annual percentage change (APC) was used to compare time periods that helped to quantify changes in secular trends.

Results/Outcomes The absolute number of hip fractures among elderly in Sweden has largely remained constant between 1987 and 2009 while incidence rates have decreased for all age and sex

specific groups, with the largest changes in the younger age groups and among women. The mean age of sustaining a hip fracture has increased for both men and women.

Significance/Contribution to the Field This study supports other international studies in showing a decrease in hip fracture incidence rates among elderly, especially since the mid 1990s. The causes behind this decrease are most likely a combination of healthier individuals with improved functional ability and increased BMI rather than national programmes or osteoporosis management.