



Malnutrition is related to falls

Falls are a major societal problem and as the population is aging rapidly, more emphasis should be given to fall prevention. Reasons for falls are multifactorial and interventions should take various risk factors into account. Risk factors are also person dependent.

A broad population study for over 65 year old citizens of Oulu was realised in GASEL-project. The amount of responses was 918 and age range of respondents was 65-96 years. The questionnaire included questions about fall incidences during last three months and about persons own nutritional state (Mini Nutritional Assessment). From the responses we noticed, that persons who suffer from malnutrition or are at the risk of malnutrition, were 71% more likely to report fall incidences than persons with good nutritional status. The importance of nutrition needs to be taken into account when designing methods and new technological solutions for fall prevention.

Immonen, Milla; Similä, Heidi; Enwald, Heidi; Keränen, Niina; Jaakko, Tornberg; Kangas, Maarit; Marjukka, Nurkkala; Jämsä, Timo; Korpelainen, Raija (2015): *Malnutrition is Associated with Risk of Falls – Importance of Nutritional Guidance in Novel Fall Prevention Technologies*, 37th Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Milan, Italy, 2015.

