

Contents

Special issue: Falls prevention in NSW

Guest editorial

41 Falls prevention in NSW: a big issue requiring sustained research, policy and practice initiatives

Fall-related injury is a major cause of morbidity and mortality of older people in NSW. The editorial introduces the issue which examines the burden posed and the approach to developing current prevention strategies.

Andrew J. Milat and Stephen R. Lord

43 Prevalence, circumstances and consequences of falls among community-dwelling older people: results of the 2009 NSW Falls Prevention Baseline Survey

The Survey provides comprehensive data to inform and evaluate the *NSW Health Plan for Prevention of Falls and Harm from Falls Among Older People: 2011–2015* and other falls prevention strategies.

Andrew J. Milat, Wendy L. Watson, Claire Monger, Margo Barr, Michael Giffin and Michael Reid

49 Characteristics of fall-related injuries attended by an ambulance in Sydney, Australia: a surveillance summary

Describes the epidemiology of injury associated with fall-related ambulance calls in the Sydney metropolitan area in 2008 using information routinely collected by the Ambulance Service of NSW.

Susan L. Thomas, David J. Muscatello, Paul M. Middleton and Wei Zheng

55 The cost of fall-related injuries among older people in NSW, 2006–07

Summarises the findings from the report of a study commissioned by NSW Health to provide comprehensive estimates of the costs associated with fall-related injury to inform policy and planning for falls prevention.

Wendy L. Watson, Angela J. Clapperton and Rebecca J. Mitchell

60 An economic evaluation of community and residential aged care falls prevention strategies in NSW

The cost-effectiveness of a range of falls prevention interventions designed to prevent falls amongst people aged 65 years are compared.

Jody Church, Stephen Goodall, Richard Norman and Marion Haas

69 Evaluation of the *NSW Management Policy to Reduce Fall Injury Among Older People, 2003–2007*: implications for policy development

Describes the evaluation of the implementation of the *NSW Management Policy to Reduce Fall Injury Among Older People, 2003–2007*.

Wendy L. Watson and Rebecca J. Mitchell

73 The strategic development of the *NSW Health Plan for Prevention of Falls and Harm from Falls Among Older People: 2011–2015*; translating research into policy and practice

Describes how NSW Health adopted the Stages of Research and Evaluation Model to guide the use of research in the development of the *NSW Health Plan for Prevention of Falls and Harm from Falls Among Older People: 2011–2015*.

Andrew J. Milat, Claire Monger, Joanne Smith, Adrian Bauman, Sally Redman and Brendan Goodger

78 Exercise to prevent falls in older adults: an updated meta-analysis and best practice recommendations

Updates an earlier systematic review to confirm that exercise as a single intervention can prevent falls and on the basis of this evidence makes a series of recommendations to guide the use of exercise.

Catherine Sherrington, Anne Tiedemann, Nicola Fairhall, Jacqueline C. T. Close and Stephen R. Lord

84 Implementing falls prevention research into policy and practice: an overview of a new National Health and Medical Research Council Partnership Grant

Presents an overview of the background to and research projects planned as part of a 5-year National Health and Medical Research Council Partnership Grant.

Stephen R. Lord, Kim Delbaere, Anne Tiedemann, Stuart T. Smith and Daina L. Sturnieks

Bug Breakfast in the Bulletin

88 Rotavirus

Hanisah L. Corner, Kristine McCartney and Briony Hazelton

Communicable Diseases Report, NSW

89 January and February 2011