

**Title of Intervention:** A Community-Based Osteoporosis and Fall Prevention Program

**Intervention Strategies:** Campaigns and Promotions, Group Education, Environments and Policies, Individual Education

**Purpose of the Intervention:** To decrease fractures among adults

**Population:** Individuals aged 40 and older

**Setting:** Small, semi-rural communities in Ostergotland County, Sweden; community-based

**Partners:** Local businesses

**Intervention Description:**

- Campaigns and Promotions: The consequences of osteoporosis were discussed repeatedly at public seminars, in the local press and on cable television. Posters were displayed in the community and checklists for environmental hazards for osteoporosis and falls were distributed via the pharmacy and the local health care center.
- Group Education: A health education program addressing dietary intake, physical activity and smoking was provided to all residents in the intervention community. Walking and weight-bearing training groups were introduced.
- Environments and Policies: A gymnasium with sequence training equipment was expanded at the health care center.
- Individual Education: Participants completing a baseline survey received a personal letter back with individual feedback concerning bone densitometry results and possible risk behaviors for osteoporosis.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Speakers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Gymnasium
- Budget: Not mentioned
- Intervention: Feedback letter, posters, checklists, media
- Evaluation: Bone mass measurement tool, questionnaire

**Evaluation:**

- Design: Quasi-experimental
- Methods and Measures:
  - Bone mass measurements were taken at baseline.
  - A questionnaire addressed hereditary factors, previous diseases, age of menarche and menopause and lifestyle factors such as physical activity, calcium intake and smoking status.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: In the intervention community, forearm fracture incidence decreased in women. There were also tendencies toward decreasing forearm fractures in men, and toward decreasing hip fractures in women and men in the late intervention period. No such changes in fracture incidences were found in the control community. Cervical hip fracture incidence did not change in the intervention or the control communities.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Grahn Kronhed AC, Blomberg C, Karlsson N, Lofman O, Timpka T, Moller M. Impact of a community-based osteoporosis and fall prevention program on fracture incidence. *Osteoporos Int.* Jun 2005;16(6):700-706.