

HIPS/26/1019 - Prevention of Hip Fractures in Scotland: Evidence Synthesis to Inform a National Strategy

Hip fractures are one of the most serious injuries affecting older people in Scotland. Most patients require surgery, and around 1 in 4 die within the first year after fracture. Survivors often face long-term disability and reduced independence. In 2024 alone, 8,426 people in Scotland sustained a hip fracture. This number is projected to increase to over 10,000 by 2034 due to our ageing population. This project will bring together the best available evidence to help Scotland prevent hip fractures. We will look at two linked parts of prevention: reducing the chance of falling, and reducing the chance that a fall leads to hip fracture. We will review research on different types of prevention, including exercise and balance programmes, medicines and osteoporosis care, home and environmental changes, and wider services. We will also review which approaches are likely to provide good value for money in Scotland by combining economic evidence with Scottish information on risks, costs, and service delivery. Alongside this, we will consider whether different approaches are practical, acceptable, and fair, including for people living in rural areas or in more deprived communities. People with lived experience, charities, clinicians, and policymakers will be involved throughout to help ensure the work reflects real priorities and day-to-day challenges. The project will produce an evidence map, a combined review of clinical and economic evidence, and a clear set of policy options for Scotland. These outputs will support future action to reduce hip fractures, promote healthier ageing, and ease pressure on services.