

Delicious and Nutritious: The Key to Preventing Falls and Ageing Well

One in three people over 65 have a fall each year, often resulting in serious injuries and a loss of independence. The Injury Matters Stay On Your Feet® program provides older adults with a range of strategies to prevent falls, and stay strong, active and connected to their community.

Falls are preventable. Research indicates that consuming nutritious food fuels your body with the energy it needs to stay strong and active, while reducing your alcohol intake helps you to stay alert and maintain coordination.

Injury Matters General Manager for Injury Prevention, Samantha Menezes says that by consuming foods rich in essential nutrients, older adults can improve their bone health, maintain muscle strength, and enhance overall well-being.

"A balanced diet can enhance muscle strength, improve balance and coordination, and contribute to maintaining bone health through those essential nutrients found in veggies, fruits and protein-rich foods,"

"A fall can prevent people from doing the things they like to do and enjoy – like catching up with friends/family, driving, or being active. What you eat can make all the difference," she said.

Ms Menezes also said monitoring your alcohol consumption is important as our body can find it harder to tolerate and break down alcohol as we age. You are more likely to feel the effects of alcohol sooner and from smaller amounts, increasing the risk of having a fall.

"The alcohol we drink can also interact with a range of medications. Please chat with your GP if you are concerned about yours or a loved one's alcohol consumption," she said.

Fuel Your Body is a central theme of the Stay On Your Feet® Improve Your Health Campaign, emphasising the significance of a balanced diet in preventing falls.

Injury Matters' Stay On Your Feet® program aims to empower seniors with the knowledge and resources they need to make informed decisions about their diet, promoting positive ageing and reducing the risk of falls.

For more information about the Improve Your Health Campaign and Fuel Your Body, please visit www.stayonyourfeet.com.au, call us on 1300 30 35 40 or email info@stayonyourfeet.com.au

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