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**Fear of falling and associated factors among older people living in Bahir Dar City, Amhara, Ethiopia- A cross-sectional study**

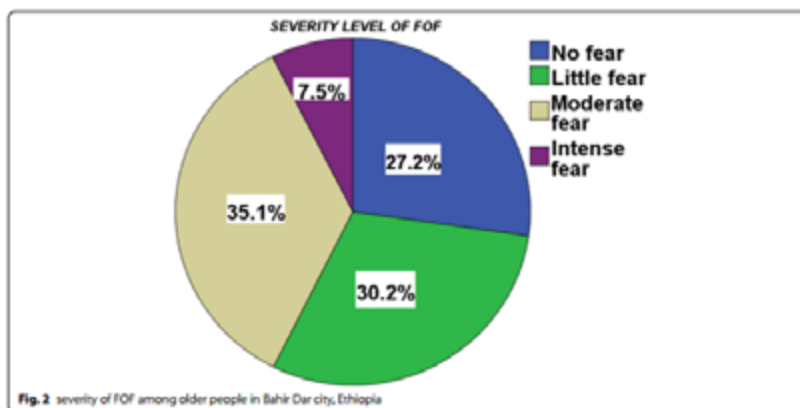
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**Statement of the Problem:** Ageing is a dynamic, progressive and physiological process associated with functional, structural, biochemical and psychological changes. Fear of falling is one of a consequence to fall. It is a major health problem among older people living in the communities who have and have not a history of falling. Researchers have reported that old age, gender, poor vision, frailty, previous history of falls, lower levels of economic resources, poor health, decreased physical function or mobility, the presence of environmental hazards, decreased social contacts, and living alone, depression, anxiety are associated with fear of falling. If it is not treated early, it will lead to loss of confidence, reducing both physical and social activities/interaction, depression, loss of mobility and independence, risk of future falls and associated mortality, increased physical weakness, and the risk of nursing home admission. These consequences can have a negative impact on older people's quality of life and economic burden on their families/ or caregivers. However, the impact of fear of falling has not been previously studied in Ethiopia. The purpose of this study is to assess the prevalence and associated factors of fear of falling among older people living in the city of Bahir Dar, Ethiopia.

**Findings:** The prevalence of fear of falling among the older people was. Fear of falling was significantly associated with advanced age, female, lower education level, anxiety, confirmed medical conditions and walking aids used.

**Conclusions:** A moderate prevalence of fear of falling was observed. The major associated factors were advanced age, being female, lower educational level, anxiety, confirmed medical conditions and walking aids used. Recommendations are the need to plan and design appropriate fall and fear of falling preventive strategies, guidelines or policies for older people who have fear of falling.



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**Recent publications**

1. Birhanie, G., Melese, H., Solomon, G. et al. Fear of falling and associated factors among older people living in Bahir Dar City, Amhara, Ethiopia- a cross-sectional study. *BMC Geriatr* 21, 586 (2021).
2. Guracho YD, Belay BY, Alemayehu A, Birhanie G, Gelaw YM, Agaje M, Ayana D, G/Meskel G/Eyesus T. Women's Decision-Making Power on Modern Family Planning Use and Its Associated Factors in Northwest Ethiopia. *Biomed Res Int.* 2022 Jul 12;2022:9060809.
3. Aregu MB, Soboksa NE, Kanno GG. High Strength Wastewater Reclamation Capacity of Vetiver Grass in Tropics: The Case of Ethiopia. *Environ Health Insights.* 2021 Nov 23;15:11786302211060162.

**Biography**

Gebremeskel Birhanie is a lecturer of Physiotherapy at School of Medicine College of Health Sciences, and Tibebe Giyon Specialized Hospital, Bahir Dar University, Ethiopia

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