

Interventions to prevent falls in older adults: updated evidence report and systematic review for the US Preventive Services Task Force.

June 20, 2024

Guirguis-Blake JM, Perdue LA, Coppola EL, et al. Interventions to prevent falls in older adults: updated evidence report and systematic review for the US Preventive Services Task Force. JAMA. 2024;332(1):58-69. doi:10.1001/jama.2024.4166.

<https://psnet.ahrq.gov/issue/interventions-prevent-falls-older-adults-updated-evidence-report-and-systematic-review-us>

[Falls](#) are a leading cause of injury and death in adults aged 65 years and older, and prevention is a public health and [patient safety](#) priority. This review of interventions to prevent falls in community-dwelling older adults was conducted for the US Preventive Services Task Force (USPSTF). [Multifactorial](#) and exercise interventions were associated with reduced falls, with exercise interventions demonstrating the most consistent benefit.