

MEMBERS' BEST PRACTICE EXAMPLES

SVLFG

Fewer fractures of the femur due to "Trittsicher"

The "Trittsicher durchs Leben" (Sure-footed through life) health program offered by the Social Insurance for Agriculture, Forestry and Horticulture (SVLFG) has demonstrably led to a reduction in the number of femur fractures among the over 70s.

This was the result of a scientific evaluation by the Robert Bosch Hospital in Stuttgart. An analysis of almost 36,000 anonymized data records from the Agricultural Health Insurance Fund shows that the program helps to reduce fractures. In counties where the SVLFG was active with "Trittsicher durchs Leben," there were 34 percent fewer femur fractures than in the comparison counties. In addition, osteoporosis measurements were carried out ten times more often in these counties and specific medications were prescribed significantly more often afterwards.

Participants confirm safety

To date, the SVLFG has offered a total of 4,850 sure-footedness courses. 50,000 participants result in an average of eleven per course. The vast majority of participants said they felt safer after the course and even continued to practice what they had learned at home.

The program

The evaluated program was implemented in cooperation with the German Rural Women's Association and the German Gymnastics Federation. It included an exercise course, advice on safety around the house and yard, and a free bone density measurement.

European Network of Agricultural Social Protection Systems

Mail: enaspsecretariat@svlfg.de
Internet: www.enasp.eu

Contact: Dr. Erich Koch
Phone: +49 561 - 785 12142

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The sure-footedness courses in particular help older people from rural areas to remain mobile into old age. Participants train in a group for 90 minutes once a week for six weeks. Essential prerequisites for mobility and safe walking are fitness, strength, balance and healthy bones. These are precisely the areas that are strengthened through suitable exercises.

More info at: www.svfg.de/trittsicher-durchs-leben

Link to the study:

[Effect of an osteoporotic fracture prevention program on fracture incidence in routine care: a cluster-randomized trial](#)

ENASP

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