### Falls and Nutrition Intervention: Clinical Reference List

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| Neelemaat F, et al.  
Short-term oral nutritional intervention with protein and vitamin D decreases falls in malnourished older adults. *J Am Geriatr Soc* 2012;60:691-699. | Malnourished older adults (≥60 years of age) newly admitted to the hospital | Randomized Controlled Trial | 210 | **Intervention group:**  
- Energy and protein enriched diet (750Kcal and 30g more protein than standard diet)  
- Oral nutritional supplement 2x day (provided an additional 600Kcal and 24g protein)  
- Calcium 500mg/day  
- Vitamin D 400IU/day  
- Dietitian counseling  
**Control Group:** Standard of Care in hospital; no post discharge nutritional support | 3 months | Significantly fewer subjects fell in the intervention group than in the control group (*p*=0.02). In the control group, 24/105 (23%) of subjects fell and in the intervention group, 10/105 (10%) of subjects fell. |
| Gray-Donald K, et al.  
Randomized clinical trial of nutritional supplementation shows little effect on functional status among free-living frail elderly. *J Nutr* 1995;125:2965-2971 | Frail elderly (>60 years of age) living at home | Randomized Controlled Trial | 50 | **Intervention group:** High energy, nutrient dense oral nutritional supplement 2x a day  
**Control group:** Standard of Care | 12 weeks | Significantly fewer falls in the intervention group than in the control group (*p*=0.05). In the control group, 21% of subjects reported a fall versus 0% of subjects in the intervention group. |

This table of studies is not a comprehensive list of all studies done on nutrition intervention and falls.