

**Applicant**

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**Project Title**

Sedentary Behaviour and Rate of Falls

**Project Summary**

Falls are the leading cause of injury amongst Canadians aged 65 years and older and can have an immense effect on one's physical and psychosocial health. Consequences of falls include increased risk of immobilization, isolation, loss of independence and death. Additionally, those who are frail are less likely to recover from falls. Recently, sedentary behaviour has been identified as a modifiable risk factor for many adverse health outcomes, however little is known on its impact on the rate of falls among older adults. The objective of this study is to investigate if sedentary time is associated with the rate and risk of falls and to explore potential outcome differences between frail and non-frail adults.

**Keywords**

Sitting, Frailty, Physical activity