**Table 1**

**Results of univariate analysis of the most common risk factors for falls identified in 16 studies that examined risk factors[1]**

| Risk Factor | Significant/Total[a] | Mean RR or OR[b] | Range |
|---|---|---|---|
| Muscle weakness | 10/11 | 4.4 | 1.5-10.3 |
| History of falls | 12/13 | 3.0 | 1.7-7.0 |
| Gait deficit | 10/12 | 2.9 | 1.3-5.6 |
| Balance deficit | 8/11 | 2.9 | 1.6-5.4 |
| Use assistive device | 8/8 | 2.6 | 1.2-4.6 |
| Visual deficit | 6/12 | 2.5 | 1.6-3.5 |
| Arthritis | 3/7 | 2.4 | 1.9-2.9 |
| Impaired ADL | 8/9 | 2.3 | 1.5-3.1 |
| Depression | 3/6 | 2.2 | 1.7-2.5 |
| Cognitive impairment | 4/11 | 1.8 | 1.0-2.3 |
| Age>80 years | 5/8 | 1.7 | 1.1-2.5 |

**a** Number of studies with significant odds ratio or relative risk ratio in univariate analysis / total number of studies that included each factor.

**b** Relative risk ratios (RR) calculated for prospective studies. Odds ratio (OR) calculated for retrospective studies.

**ADL** = Activities of daily living