ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 12| December 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

FRAILTY AND FALL RISK STATUS OF OLDER ADULTS IN QUEZON PROVINCE

Filipinas Gloria Abundabar. DNM, Arlene D. Maranan MSN
College of Nursing, Sacred Heart College, 1 Merchan Street, Lucena City, Philippines

Article DOI: https://doi.org/10.36713/epra25183
DOI No: 10.36713/epra25183

INTRODUCTION

The Filipino aging population faces challenges like frailty and falls affecting 10-16.3% of those over 65. Falls annually cause severe injuries, worsening frailty. The government has enacted laws to aid older adults. Sacred Heart College of Lucena City, Inc., active in community health programs since 2013, assesses frailty and fall risks among 70 older adults in Quezon Province, aiming to develop interventions.

MATERIALS & METHODS

A descriptive-quantitative design was used to evaluate 70 older adults from Quezon, Philippines, who were purposively recruited for one-on-one interviews and testing using validated tools: Edmonton Frail Scale (EFS), Four-Stage Balance Test (4SBT), and 30-Second Chair Stand Test to assess frailty and fall risk, identifying demographic factors.

RESULTS

Seventy older adults underwent assessment including the Edmonton Frail Scale (EFS), Four-Stage Balance Test (4SBT), and 30-Second Chair Stand Test. Most were female (76%), had elementary education (74%), and reported a family income of less than ₱10,597 (87%). Eighty nine percent lived with relatives, and 64% reported no falls in the past year. Results showed that 52% were non-frail according to the EFS, while 63% and 49% were not at risk for falls based on the 4SBT and 30-Second Chair Stand Test, respectively.

EDMONTON FRAIL SCALE (EFS)	Frequency N=70	Percentage
Not Frail (0-5)	37	52%
Vulnerable (6-7)	20	29%
Mild Frailty (8-9)	9	13%
Moderate Frailty (10-11)	4	6%

	Frequency N=70	Percentage
FOUR-STAGE BALANCE TEST		
Not at Risk for Fall (>10 secs)	44	63%
Risk for Fall (<10 secs)	26	37%
30-SECOND CHAIR STAND		
No Risk for Fall (above average)	34	49%
Risk for Fall (below average)	36	51%

Figure 1: Frail Assessment Score
Figure 2: Risk for Fall Assessment Score

DISCUSSION

The 2020 Census and this study highlight challenges for Filipino older adults, including financial strain and a high fall incidence. Despite resilience, vulnerabilities persist, tied to age, education, and income. Engagement in activities like Zumba enhances well-being, but age-related frailty risks require attention to factors like nutrition and socio-economic status. Research by van Gameren et al. (2022), Fogg et al. (2022), and others stress the link between frailty and falls, affected by modifiable factors such as cognitive impairment and physical inactivity.

CONCLUSION & RECOMMENDATION

Predominantly female older adults aged 65 to 84, with elementary education and low income, reside with relatives and report minimal falls. Though many were not frail, a notable proportion showed vulnerability, and some faced increased fall risk. Tailored interventions, emphasizing physical activity and addressing modifiable risk factors, are essential. Future research should delve into socioeconomic influences and implement multifaceted interventions to promote healthy aging.

REFERENCES

1. *Abalos, J. B. (2018). Older Persons in the Philippines: a Demographic, Socioeconomic and Health Profile. Ageing International, 45(3), 230–254. https://doi.org/10.1007/s12126-018-9337-7*
2. *AGE UK. (2022). Age UK | The UK's largest charity working with older people. Ageuk.org.uk. https://www.ageuk.org.uk/*

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 12| December 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

3. *Angulo, J., El Assar, M., Álvarez-Bustos, A., & Rodríguez-Mañas, L. (2020). Physical activity and exercise: Strategies to manage frailty. Redox Biology, 35, 101513. https://doi.org/10.1016/j.redox.2020.101513*
4. *CDC. (2017). ASSESSMENT Patient Date Time 30-Second Chair Stand. https://www.cdc.gov/steadi/pdf/STEADI-Assessment-30Sec-508.pdf*
5. *Centers for Disease Control and Prevention National Center for Injury Prevention and Control. (2017). https://www.cdc.gov/steadi/pdf/4-Stage_Balance_Test-print.pdf*
6. *Chen, T. Y., Cruz, G., Vu, C. N., & Saito, Y. (2021). Falls among older adults in the Philippines and Vietnam: Results from nationally representative samples. Innovation in Aging, 5(Supplement_1), 1033–1033. https://doi.org/10.1093/geroni/igab046.3696*
7. *Cruz, C. J. P. and G. T. Cruz (2019), 'Filipino Older Persons', in G. T. Cruz, C. J. P. Cruz, and Y. Saito (eds.), Ageing and Health in the Philippines, Jakarta, Indonesia: Economic Research Institute for ASEAN and East Asia, pp. 27-46*
8. *Fogg, C., Fraser, S., Roderick, P., De Lusignan, S., Clegg, A., Brailsford, S. C., Barkham,*
9. *A., Patel, H. P., Windle, V., Harris, S., Zhu, S., England, T., Evenden, D., Lambert, F., Walsh, B., & Author_Id, N. (2022). The dynamics of frailty development and progression in older adults in primary care in England (2006–2017): a retrospective cohort profile. BMC Geriatrics, 22(1).https://doi.org/10.1186/s12877-021-02684-y*
10. *Iamtrakul, P., Chayphong, S., Jomnonkwao, S., & Ratanavaraha, V. (2021). The Association of Falls Risk in Older Adults and Their Living Environment: A Case Study of Rural Area, Thailand. Sustainability, 13(24), 13756. https://doi.org/10.3390/su132413756*
11. *Lv, J., Li, R., Li, Y., Yang, X., Wang, Y., Ye, Z., & Huang, F. (2022). Research on the frailty status and adverse outcomes of elderly patients with multimorbidity. BMC Geriatrics, 22(1). https://doi.org/10.1186/s12877-022-03194-1*
12. *Meiner, S.E. & Yeager, J.J. (2020).Gerontologic Nursing (6th ed.). Elsevier [Singapore] Pte. Ltd.*
13. *Mihret Dejen Takele, Kedir Sany, Kefale Getie, Dechasa Imiru Wayessa, Gashaw Jember, Melese Gobezie, Yohannes Abich, & Alemu Kassaw Kibret. (2023). Prevalence and associated factors of frailty among community dweller older adults living in Gondar town, northwest, Ethiopia: a community based cross-sectional study. BMC Public Health, 23(1). https://doi.org/10.1186/s12889-023-16201-w*
14. *Moncatar, T. R., Nakamura, K., Rahman, M., & Seino, K. (2019). Health Status and Health Facility Utilization of Community-Dwelling Elderly Living Alone in the Philippines:A Nationwide Cross-Sectional Study. Health, 11(11), 1554–1572. https://doi.org/10.4236/health.2019.1111117*
15. *Pellejo, Hannah & De La Vega, Shelley & Abat, Marc Evans. (2020). Physical Activity, Fall Risk and Frailty Among Older Filipinos From the FITforFrail Study. 10.13140/RG.2.2.24195.63529.*
16. *PhilAtlas. (2020). CALABARZON Region 4-A, Quezon.https://www.philatlas.com/luzon/r04a/quezon.html*
17. *Philippine Statistics Authority. (2022, August 12). Age and Sex Distribution in the Philippine Population (2020 Census of Population and Housing) https://psa.gov.ph/content/age-and-sex-distribution-philippine-population-2020-census-population-and-housing?fbclid=IwAR0fVKHoid4yMbhu16hIDNLY2mxnbM6iSmCf-Se8vzfq-Af8f3057vyq3AQ*
18. *Physiopedia. (2023). The 4-Stage Balance Test. Physiopedia. https://www.physio-pedia.com/The_4-Stage_Balance_Test Province of Quezon | Philippine Statistics Authority | Republic of the Philippines. (2023, October 24). Psa.gov.ph. https://psa.gov.ph/classification/psgc/citimuni/0405600000*
19. *Rolfson, D. B., Majumdar, S. R., Tsuyki, R. T., Tahir, A., & Rockwood, K. (2006). EdmontonFrail Scale (EFS) [Database record]. APA PsycTestshttps://doi.org/10.1037/t69109-000*
20. *van Gameren, M., Hoogendijk, E. O., van Schoor, N. M., Bossen, D., Visser, B., Bosmans, J. E., & Pijnappels, M. (2022). Physical activity as a risk or protective factor for falls and fall-related fractures in non-frail and frail older adults: a longitudinal study. BMC Geriatrics, 22(1). https://doi.org/10.1186/s12877-022-03383-y*
21. *Villanueva, R. (2024, January 9). Philippines may have aging population by 2030 – CPD. Philstar.com. https://www.philstar.com/headlines/2024/01/09/2324420/philippines-may-have-aging-population-2030-cpd*
22. *Wang, X., Hu, J., & Wu, D. (2022). Risk factors for frailty in older adults. Medicine, 101(34), e30169. https://doi.org/10.1097/MD.0000000000030169*

BIOSKETCH

The researchers are clinical instructors from Sacred Heart College of Lucena City, Inc., and are actively involved in the community outreach program especially among special population group. They are the brains behind the establishment of the first-ever wellness center for older adults situated in Barangay Barra, Lucena City in 2023.