**(Year) (State) Falls Prevention Awareness Week**

***(Note: Edit the document and yellow highlights as needed for your state. National numbers in the proclamation template are cited. States are encouraged to add citations for their state-specific data.)***

Whereas, it is estimated that \_\_\_percent of (State) citizens are 65 years of age or older;

Whereas, it is estimated that one fourth of people 65 and older will fall each year;[[1]](#endnote-1)

Whereas, greater than one out of three falls results in an injury that requires medical treatment or restriction of activity for at least one day ii;

Whereas, falls are the leading cause of both fatal and nonfatal injuries among older adults in the United States[[2]](#endnote-2)

Whereas, according to \_\_\_\_, falls are the leading cause of fatal and nonfatal injuries among people 65 and older in (State), leading to \_\_\_ deaths in (year); \_\_\_ hospitalizations in (year); and \_\_\_ emergency department visits in (year);

Whereas, falls are the most common cause of traumatic brain injuries among (State) citizens 65 years of age and older, with falls accounting for \_\_\_percent of fatal traumatic brain injuries among older adults;

Whereas, falls can lead to depression, loss of mobility, and loss of functional independence;

Whereas, the average hospitalization charge for an unintentional fall among (State) residents ages 65 and older was $\_\_\_ in (year);

Whereas, the financial toll for older adult falls is expected to increase as the population ages and may reach $101 billion nationally by 2030;[[3]](#endnote-3)

Whereas, injuries from falls are largely a preventable community health problem;

Whereas, evidence-based programs reduce falls by utilizing cost-effective strategies, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education;

Whereas, the (State) Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage citizens to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, I, (Governor’s Name), Governor of (State) do hereby proclaim (insert dates) as “Falls Prevention Awareness Week” in (State) and urge our citizens to commend its observance.

[i] Centers for Disease Control and Prevention. Older Adult Fall Prevention. Facts About Falls. Found on the internet at <https://www.cdc.gov/falls/data-research/facts-stats/index.html>

 [ii] Moreland B, Kakara R, Henry A. Trends in Nonfatal Falls and Fall-Related Injuries Among Adults Aged ≥65 Years—United States, 2012–2018. MMWR Morbidity and Mortality Weekly Report. 2020 July 10;69(27):875–881. DOI: 10.15585/mmwr.mm6927a5.

[iv] Centers for Disease Control and Prevention. Older Adult Falls Data. Found on the internet at <https://www.cdc.gov/falls/data-research/index.htm>

[v] Florence, C. S., Bergen, G. , Atherly, A. , Burns, E. , Stevens, J. and Drake, C. (2018), Medical Costs of Fatal and Nonfatal Falls in Older Adults. J Am Geriatr Soc, 66: 693-698. doi:10.1111/jgs.15304

1. ~~Centers for Disease Control and Prevention. Older Adult Fall Prevention. Facts About Falls. Found on the internet at https://www.cdc.gov/falls/data-research/facts-stats/index.html~~ [↑](#endnote-ref-1)
2. ~~Centers for Disease Control and Prevention. Older Adult Falls Data. Found on the internet at https://www.cdc.gov/falls/data-research/index.htm~~ [↑](#endnote-ref-2)
3. ~~Florence, C. S., Bergen, G. , Atherly, A. , Burns, E. , Stevens, J. and Drake, C. (2018), Medical Costs of Fatal and Nonfatal Falls in Older Adults. J Am Geriatr Soc, 66: 693-698. doi:10.1111/jgs.15304~~ [↑](#endnote-ref-3)