

THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING SEPTEMBER 22-29, 2012 AS

Fall Prevention Awareness Week

WHEREAS, the Centers for Disease Control and Prevention estimates that more than one-third of all Americans age 65 and older will fall each year; among older adults, falls are the leading cause of fatal injuries and the most common cause of nonfatal injuries and hospital admissions for trauma; and

WHEREAS, in California, more than a million seniors age 65 and older fall each year, with approximately 100,000 resulting in serious injuries or fatalities; and

WHEREAS, in 2010, there were 5,526 San Mateo County residents over the age of 65 years who fell and required emergency medical care and/or hospitalization; and this was 6% of the over 65 year old population requiring medical intervention for a fall.

WHEREAS, the average charge for a hospitalization due to a fall for over 65 year old residents, for the five year period of 2006 through 2010, was \$80,240.

WHEREAS, falls stem from a variety of factors, including age-related loss of muscle strength, side effects of medication, reduced vision, chronic health conditions and unsafe living environments and personal behaviors; and

WHEREAS, the fear of falling alone can contribute to depression, isolation and loss of mobility and physical fitness, which can actually increase the risk of falls; and

WHEREAS, older adult falls are preventable. Through evidence-based practices, fall risks can be decreased. These practices include: regular exercise to improve balance, strength and mobility; medical management including reviews of medications - prescription and non-prescription, as well as, annual vision exams, and simple home improvement to make the living environment safer.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of San Mateo County designates September 22-28, 2012, as Fall Prevention Awareness Week and encourages all residents of San Mateo County to work with family members and health care providers to identify and address the factors that could cause a fall-related injury for a loved one.

Dated: SEPTEMBER 11, 2012

SUPERVISORS:

ADRIENNE J. TISSIER, PRESIDENT

DAVE PINE

CAROLE GROOM

DON HORSLEY

ROSE JACOBS GIBSON

Attest: _____
Deputy Clerk of the Board of Supervisors