

# Proclamation

THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING SEPTEMBER 22 - 28, 2013 AS

## Fall Prevention Awareness Week

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WHEREAS, the Centers for Disease Control and Prevention estimates that more than one-third of all Americans over the age of 65 will fall each year and that falls are the leading cause of fatal and nonfatal injuries and traumatic hospital admissions for this age group; and

WHEREAS, in California, more than one million older adults (age 65 and older) fall annually, resulting in approximately 100,000 serious injuries or fatalities; and

WHEREAS, falls accounted for 44 deaths, 1,481 hospitalizations and 4,114 emergency department visits of older San Mateo County residents during 2011; and

WHEREAS, the average charge for a fall-related hospitalization for our over 65 year old residents, is approximately \$80,000; and

WHEREAS, falls stem from a variety of factors, including age-related loss of muscle strength, impaired sensory function, chronic health conditions, side effects of medications, unsafe living environments and risky personal behaviors; and

WHEREAS, over 50% of older adult falls are considered to be preventable. Fall risks can be decreased through evidence-based practices. These practices include: regular exercise to improve balance, strength and mobility; medical management including on-going reviews of medications (prescription and non-prescription), as well as annual vision exams, simple home improvements to make the living environment safer and modification of behaviors considered to be high risk such use of ladders and step stools; and

WHEREAS, the theme for National Fall Prevention Awareness Week 2013 - Preventing Falls - One Step At A Time is aimed at increasing public awareness that even taking small steps such as making sure you are wearing safe shoes or removing throw rugs from your homes can decrease one's risk of falling.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of San Mateo County designates September 22-28, 2013, 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 risk factors that could cause a fall-related injury.

Dated: September 10, 2013

SUPERVISORS:

\_\_\_\_\_  
DON HORSLEY, PRESIDENT

\_\_\_\_\_  
DAVE PINE

\_\_\_\_\_  
CAROLE GROOM

\_\_\_\_\_  
WARREN SLOCUM

\_\_\_\_\_  
ADRIENNE J. TISSIER

Attest: \_\_\_\_\_  
Deputy Clerk of the Board of Supervisors