

RESOLUTION

THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING THE MONTH OF SEPTEMBER 2015 AS

FALL PREVENTION AWARENESS MONTH

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, the number of falls accounted for 26 deaths, 1,531 hospitalizations and 4,329 emergency department visits of older San Mateo County adults in 2013 and the average charge for a fall-related hospitalization in San Mateo County is approximately \$86,000; 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, in March 2015, San Mateo County Health System's EMS Injury Prevention Program received a grant from the California Department of Public Health to implement Stepping-On, an evidence-based fall prevention program that empowers older adults participants to carry out healthy behaviors thereby resulting in a 31% reduction in falls; and

WHEREAS, the theme for National Fall Prevention Awareness Month 2015 – Take a Stand to Prevent Falls – is aimed at increasing public awareness that 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 2015, as Fall Prevention Awareness Month 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 1, 2015

SUPERVISORS:

CAROLE GROOM, President

DAVE PINE

DON HORSLEY

WARREN SLOCUM

ADRIENNE J. TISSIER

Attest:

Deputy Clerk of the Board of Supervisors