

# PROCLAMATION

THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING SEPTEMBER 22, 2016 AS

## NATIONAL FALL PREVENTION DAY

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

**WHEREAS**, local data reveals the number of known falls among older San Mateo County residents remains constant. The California Department of Public Health reports for 2013 show 26 deaths, 1,531 hospitalizations and 4,508 emergency department visits. Unfortunately, the data does not shed light on the magnitude of falls that did not require medical care or care was sought at non-reporting entities such as private medical practices, clinics and urgent care facilities; and

**WHEREAS**, the economic cost of the known and reported falls occurring in 2013 totaled over \$130 million. These costs account for loss of work, hospitalizations, and ED visits; 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); annual vision exams; simple home improvements to make living environments safer; and modification of behaviors considered to be high risk such as using ladders and step stools; and

**WHEREAS**, in September 2015, San Mateo County Board of Supervisors recognizing the significance of older adult falls, awarded Measure A funding to the Health System's EMS Injury Prevention Program to implement the Stepping-On program. This fall prevention program empowers older adults to carry out healthy behaviors, including strength and balance exercises that reduce the risks of falls. Research has shown that older adults completing the Stepping On program experienced a 31% reduction in falls. To date, four courses have been completed. All have exceeded the expected performance objectives of 90% registration and 80% course completion and received excellent evaluations from participants; and

**WHEREAS**, the theme for National Fall Prevention Awareness Week 2016 "Ready, Steady, Balance: Prevent Falls in 2016" to increase public awareness and making small changes, such as 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 2016, 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 6, 2016**

SUPERVISORS:

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**WARREN SLOCUM, President**

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**DAVE PINE**

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**CAROLE GROOM**

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**DON HORSLEY**

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**ADRIENNE J. TISSIER**

Attest:

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Deputy Clerk of the Board of Supervisors