

PROCLAMATION

**THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING SEPTEMBER 2018 AS
FALL PREVENTION AWARENESS MONTH**

PROCLAIMED, by the Board of Supervisors of the County of San Mateo, State of California, that

WHEREAS, Falls are the leading cause of fatal and non-fatal injuries for older adults. The Centers for Disease Control and Prevention estimates that more than one-fourth of all Americans over the age of 65 will fall each year; more than 7 million of those falls will require medical treatment or will restrict activity; and more than 27,000 fall-related deaths will occur; and

WHEREAS, Falls are costly— both in dollars and in quality of life. A fall is often the beginning of a loss of independence for an older adult. Falling, however, is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among older adults can be reduced substantially; and

WHEREAS, in September 2015, San Mateo County Board of Supervisors recognizing the significance of older adult falls, awarded Measure A funding to the County’s EMS Agency to coordinate with the Fall Prevention Coalition of San Mateo County and the Hospital Consortium of San Mateo County to implement the Stepping-On Older Adult Fall Program. Stepping On is a 7 week evidence- based program that empowers older adults to incorporate strategies into their daily lives that are known reduce the risks of falls by 30%. In 2017, two additional years of funding for this project was awarded through Measure K. To date, these two county measures has supported 11 Stepping On courses presented throughout the county and completed by over 130 older adult residents; and

WHEREAS, the goal of reducing falls among our county’s older adult population, cannot be achieved through a single effort or program. Dignity Health-Sequoia Health and Wellness Program has partnered with Stanford Health Care’s Trauma Program (both chartered members of the Fall Prevention Coalition) to provide residents in south San Mateo County with the opportunity to enroll in a fall prevention course called A Matter Of Balance. This 8 week evidence-based program addresses older adult’s fear of falling in an effort to increase their activity and independence. This program as reported by the National Council on Aging can save participants \$938 in unplanned costs. The collaborative by these two healthcare organizations has resulted in 88 older adult participants completing the program; and

WHEREAS, these are just two examples of the many preventative efforts undertaken by the fifty member organizations of the Fall Prevention Coalition, who work collaboratively with each other and other community partners utilizing best known practices to reduce the incidence of falls among older adults residents of San Mateo County,

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of San Mateo County designates **September 2018, as Fall Prevention Awareness Month** and encourages all San Mateo County residents – young and old to work together in reducing their own fall risks and those of family, friends and neighbors.

Dated: September 4, 2018

SUPERVISORS:

DAVE PINE, PRESIDENT

CAROLE GROOM

DON HORSLEY

WARREN SLOCUM

DAVID J. CANEPA

ATTEST: Deputy Clerk of the Board of Supervisors