

Falls Prevention Awareness Week *September 19-25, 2010*

WHEREAS, nearly 15 percent of Contra Costa County's estimated 1,025,000 people are 60 years of age or older; and

WHEREAS, it is estimated that one-third of adults over the age of 60 and 50 percent of adults over the age of 80 will fall each year, with medical costs of each fall-related hospitalization estimated at \$52,447; and

WHEREAS, falls are the leading cause of injury deaths among people over the age of 60, and the leading cause of doctor visits, hospital admissions, and emergency room visits; and

WHEREAS, injuries from falls are a largely preventable community health problem; and

WHEREAS, falling, and the fear of falling, can lead to depression, isolation, diminished mobility, and loss of functional independence; and injuries from falls are a largely preventable community health problem; and the cause of falls is composed of multiple contributing factors including lack of strength in the lower extremities, the use of multiple medications, reduced vision, chronic health problems, and unsafe environments; and

WHEREAS, concentrated efforts are being made in Contra Costa County to reduce falls and fall related injuries by using multi-faceted interventions; and

WHEREAS, several bills have passed at the state and federal level calling for the expansion of public health programs, educational outreach, and research activities related to fall prevention.

NOW, THEREFORE, BE IT RESOLVED that I, Pat Anderson, Mayor of the City of Oakley, do hereby proclaim the week of September 19 - 25, 2010, as **Fall Prevention Awareness Week** and call upon our citizens and interested groups to observe the week with appropriate activities that promote awareness of fall prevention.

September 14, 2010

Pat Anderson, Mayor