

# The State of Washington



## Proclamation

**WHEREAS**, it is estimated that 17 percent of Washington state residents are 65 years old or older; and

**WHEREAS**, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma among those 65 years old or older; and

**WHEREAS**, the rate of unintentional fall-related deaths among Washington residents over age 65 has increased more than 30 percent between 2000 and 2019; and

**WHEREAS**, Washington state has the 18<sup>th</sup> highest rate of fall-related deaths in the nation for adults age 65 and over; and

**WHEREAS**, in 2018, 32 percent of adults 65 and older in Washington state reported a fall that resulted in an injury, and fall-related injuries make it more difficult for those who have fallen to live independently and increase their risk of early death; and

**WHEREAS**, in 2019, the lifetime cost of fall-related deaths among older adults in Washington state was \$141 million, and the cost for non-fatal fall-related hospitalizations was \$1.1 billion; and

**WHEREAS**, falls are not a normal part of aging, and older adults can reduce their risk of falling through regular exercise, reviewing their medication with a health care provider, having their eyes checked annually, and making their home safer by installing safety devices, and these actions can decrease the risk of falls and help older adults in Washington stay independent and healthy;

**NOW, THEREFORE**, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 18-24, 2022, as

### *Falls Prevention Awareness Week*

in Washington, and I encourage all people in our state to join me in this special observance.

Signed this 8<sup>th</sup> day of August, 2022

Governor Jay Inslee

