

The State of Washington



Proclamation

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, it is estimated that 15% of the Washington State citizens are 65 years old or older; and

WHEREAS, the rate of death from falls for older adults in Washington State has risen more than 25% since the year 2000; and

WHEREAS, in 2014, the lifetime cost of older adult falls in Washington State was \$451 million; and

WHEREAS, one in three adults aged 65 and older falls each year. One in five falls results in serious injuries such as hip fractures and head traumas that make it hard for those who have fallen to get around or live independently, and increase their risk of early death; and

WHEREAS, Washington State has the 5th highest rate of self-reported falls and the 14th highest rate of fall-related deaths in the nation; and

WHEREAS, in Washington State, the highest rate of Traumatic Brain Injury (TBI) related deaths and hospitalizations were among people 65 years old and older; and

WHEREAS, falls are not a normal part of aging, and older adults can reduce their chances 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

WHEREAS, these actions can decrease the risk of falls and help older adults in Washington to stay independent and healthy;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 23, 2019, as

Falls Prevention Awareness Day

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

Signed this 4th day of September, 2019

Governor Jay Inslee

