



PROCLAMATION

**AUTHORIZING RECOGNITION OF SEPTEMBER 18 - 22, 2023
AS FALLS PREVENTION AWARENESS WEEK**

WHEREAS, the ten-county Capital Area Council of Governments (CAPCOG) region is home to more than 399,000 citizens aged 60 years or older who may be at risk of falls; and

WHEREAS, falls are the leading cause of fatal and nonfatal injuries among older adults; and

WHEREAS, falls are the most common cause of traumatic brain injuries; and can lead to depression, loss of mobility, and loss of functional independence; and

WHEREAS, the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and

WHEREAS, the fear of falling can cause many older adults to limit their activity level, which leads to reduced mobility and loss of physical fitness, and in turn increases their risk of falling; and

WHEREAS, comprehensive clinical assessments, exercise programs to improve balance and health, management of medications, correction of vision, and reduction of home hazards all help to reduce the occurrence and severity of falls; and

WHEREAS, the Capital Area Council of Governments in its efforts to increase awareness and promote multidisciplinary strategies to prevent falls encourages older adults in the region to take steps to protect those who are at increased risk of falling to participate in evidence-based programs such as Matter of Balance; and reduce falls by utilizing strategies such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, in partnership with the Area Agency on Aging.

WHEREAS, the Executive Committee of the Capital Area Council of Governments declares the week of September 18-22, 2023, to be Falls Prevention Awareness Week in the CAPCOG region to support awareness of falls and encourages our citizens to commend its observance.

NOW THEREFORE Caldwell County does hereby proclaim September 18 - 22, 2023 as

"Falls Prevention Awareness Week"

in Caldwell County and encourages our residents and employees to take action to increase awareness and educate themselves about fall prevention and to take steps to protect those who are at increased risk of falling within our community.

Hoppy Haden
Caldwell County Judge

B.J. Westmoreland
Commissioner, Precinct 1

Ed Theriot
Commissioner, Precinct 3

Rusty Horne
Commissioner, Precinct 2

Dyrall Thomas
Commissioner, Precinct 4



ATTEST:

Teresa Rodriguez, Caldwell County Clerk