

# STATE OF DELAWARE



## OFFICE OF THE GOVERNOR

### **PROCLAMATION IN OBSERVANCE OF FALLS PREVENTION AWARENESS WEEK**

*Whereas*, one in five falls causes serious injury in all ages, and falls are the leading cause of trauma-related hospital admissions among U.S. adults age 65 and older, according to the Centers for Disease Control and Prevention; and

*Whereas*, falls are the most common cause of traumatic brain injuries in the United States, particularly in older adults and young children, according to the Mayo Clinic, and falls can result in other serious injuries such as broken bones; and

*Whereas*, over three million older adults are treated in the emergency department for fall injuries each year, and over 800,000 people are hospitalized each year because of a fall injury, most often a head injury or hip fracture; and

*Whereas*, in 2021, 1,833 Delawareans age 65 and older fell, resulting in 38 deaths, according to the Delaware Trauma Registry; and

*Whereas*, falls can impact a person's ability to maintain their independence, limit their participation in community activities, and increase their chance of falling in the future; and

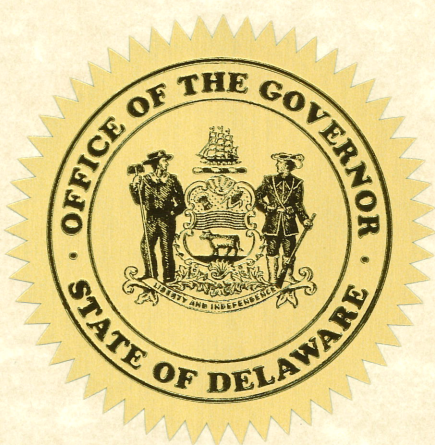
*Whereas*, older adults can reduce their risk of falling by engaging in consistent physical activity and balance exercises, getting regular hearing and vision exams, receiving appropriate nutrition and sleep, having medication reviews with their doctor or pharmacist, and keeping homes and yards clutter-free, well-lit, and modified as needed; and

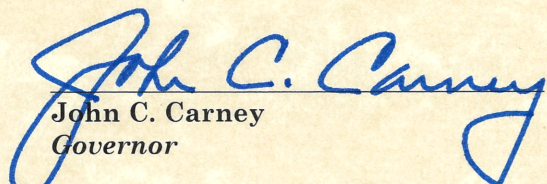
*Whereas*, communities can assist Delawareans of all ages reduce their risk of falling by maintaining ramps and walkways, providing appropriate lighting, painting curbs and slopes, maintaining or adding curb cuts, and installing automatic doors and handrails.

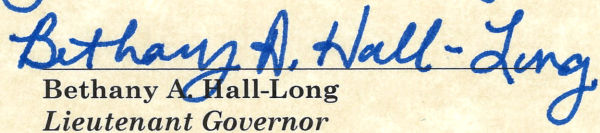
*Now, Therefore, We, John Carney, Governor,  
and Bethany Hall-Long, Lieutenant Governor,  
do hereby declare September 18<sup>th</sup>-24<sup>th</sup>, 2022*

### **FALLS PREVENTION AWARENESS WEEK**

in the State of Delaware and urge all Delawareans to support fall prevention strategies for people of all ages across the state.



  
John C. Carney  
Governor

  
Bethany A. Hall-Long  
Lieutenant Governor

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Number