



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**FALLS PREVENTION AWARENESS WEEK**

**2018**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, approximately 16 percent of North Carolinians are 65 years of age or older; and

**WHEREAS**, it is estimated that one fourth of people age 65 and older fall each year, and older adults who fall once are two to three times more likely to fall again; and

**WHEREAS**, according to estimates by the North Carolina Injury and Violence Prevention Branch of the North Carolina Division of Public Health, falls are the leading cause of fatal and nonfatal injuries among people in our state age 65 and older, causing 1,094 deaths; 18,771 hospitalizations; and 78,799 emergency department visits in 2017; and

**WHEREAS**, falls are the most common cause of traumatic brain injuries (TBI) among North Carolinians age 65 and older, with falls accounting for an estimated 60 percent of fatal TBI among older adults; and

**WHEREAS**, falls can lead to depression, loss of mobility, and loss of functional independence; and

**WHEREAS**, the average hospitalization cost of an unintentional fall for a North Carolina resident age 65 or older was more than \$45,000 in 2017; and

**WHEREAS**, according to the Centers for Disease Control and Prevention, medical costs for falls totaled more than \$50 billion in 2015, comprising 6 percent of the Medicare budget and 8 percent of the Medicaid budget; and

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

**WHEREAS**, evidence-based programs reduce falls through cost-effective strategies such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

**WHEREAS**, the North Carolina Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage people to take steps to protect those who are at an increased risk of falling;

**NOW, THEREFORE, I, ROY COOPER**, Governor of the State of North Carolina, do hereby proclaim September 24 – 29, 2018, as “**FALLS PREVENTION AWARENESS WEEK**” in North Carolina, and commend its observance to all citizens.



  
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Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this nineteenth day of September in the year of our Lord two thousand and eighteen and of the Independence of the United States of America the two hundred and forty-second.