

PROCLAMATION

FOR FALL PREVENTION AWARENESS WEEK SEPTEMBER 22nd THROUGH SEPTEMBER 28th 2009

WHEREAS, it is estimated that 10.5 percent of Solano County citizens – over 43,000 people are 65 years of age or older; and

WHEREAS, falls are the leading cause of injury related deaths among people over the age of 65, and the leading cause of doctor visits, hospital admissions, and emergency room visits; and

WHEREAS, it is estimated that one-third of seniors over the age of 60 and half of seniors over the age of 80 will fall each year costing thousands of dollars per fall-related hospitalization, not including costs associated with the emergency response systems or aftercare, and

WHEREAS, falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of functional independence; and

WHEREAS, the cause of falls is composed of multiple contributing factors including lack of strength in the lower extremities, the use of multiple medications, reduced vision, chronic health problems, and unsafe environments; and

WHEREAS, risk factors associated with falls increase with age, including factors such as age-related physiological changes; and

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

WHEREAS, the State of California declared the first week of fall as *Fall Prevention Awareness Week*; and

WHEREAS, at the federal level the Safety of Seniors Act (S. 845) was passed in April 2008 calling for the expansion of public health programs, educational outreach, and research activities related to fall prevention.

NOW, THEREFORE, BE IT PROCLAIMED that the City Council of the City of Dixon does hereby proclaim September 22nd through September 28th, 2009, as *Fall Prevention Week*, and calls upon all citizens of Dixon to be watchful of our senior citizens to help guard against these hazardous falls.

Date: September 22, 2009

Jack Batchelor, Jr., Mayor