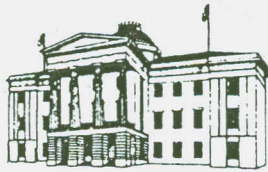


# State of North Carolina



BEVERLY EAVES PERDUE  
GOVERNOR

## FALLS PREVENTION AWARENESS WEEK

2010

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

### A PROCLAMATION

WHEREAS, it is estimated that 12.4 percent of North Carolina citizens are 65 years of age or older; and

WHEREAS, it is estimated that one third of seniors over the age of 65 and half over the age of 80 will fall each year; and

WHEREAS, older adults who fall once are two to three times more likely to fall again; and

WHEREAS, falls are the leading cause of fatal injuries and the second leading cause of nonfatal injuries among North Carolinians age 65 and older; and

WHEREAS, falls are the most common cause of traumatic brain injuries (TBI), with TBI accounting for 46% of fatal falls among older adults in 2000; and

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

WHEREAS, the Centers for Disease Control and Prevention (CDC) estimates that if the rate of increase in falls is not stemmed, annual cost under the Medicare program will reach \$32.4 billion by 2020; and

WHEREAS, the quality of life is improved for North Carolina seniors who remain healthy, active and independent; and

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

WHEREAS, evidence-based programs show promise in reducing falls and facilitating cost-effective interventions, such as comprehensive clinical assessments, exercise programs to improve balance and health, management of medications, correction of vision, and reduction of home hazards; and

WHEREAS, the North Carolina Falls Prevention Coalition, including more than 40 organizations from across the state, is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage North Carolinians to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, I, BEVERLY EAVES PERDUE, Governor of the State of North Carolina, do hereby proclaim September 20-26, 2010, as "FALLS PREVENTION AWARENESS WEEK" in North Carolina and urge our citizens to commend its observance.



BEVERLY EAVES PERDUE

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 twenty-first day of July in the year of our Lord two thousand and ten, and of the Independence of the United States of America the two hundred and thirty-fifth.