



Proclamation

By the Governor of Alabama

WHEREAS, the Injury Prevention Plan of Alabama and the Centers of Disease Control and Prevention note that each year in the United States one in every three adults over 65 years of age sustain a fall; and

WHEREAS, falling and fear of falling can lead to death, depression, loss of mobility and loss of functional independence in older adults; and

WHEREAS, the Center for Disease Control and Prevention estimates the annual cost to the United States health care system from fall-related injuries in 2010 costs more than \$28 billion; and

WHEREAS, unintentional falls are the third highest cause of deaths among the 65 to 85-year-old age group in the state of Alabama annually, and falls are the most common cause of traumatic brain injuries, and

WHEREAS, many falls can be prevented. Fall prevention strategies include physical activity to improve balance and strength, medication management, regular health and vision check-ups and home safety measures; and

WHEREAS, older adults are not alone in their efforts to reduce fall risk, as health care professionals, family members, friends and community resources can provide the support needed to safely live life to the fullest;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim September 20, 2019, as

Fall Prevention Day

in the state of Alabama.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 26th day of July 2019.

Kay Ivey

Kay Ivey, Governor