

# The State of Washington



## Proclamation

*WHEREAS*, it is estimated that 17 percent of Washingtonians are 65 years of age or older; and

*WHEREAS*, it is estimated that one fourth of people 65 and older will suffer falls each year, making this the most common cause of both fatal and nonfatal injuries among this population; and

*WHEREAS*, according to the Centers for Disease Control and Prevention, one out of five falls results in injury such as broken bones or a head injury; and

*WHEREAS*, the rate of unintentional fall-related deaths among Washington residents age 65 and older has increased more than 30 percent between 2000 and 2019; and

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

*WHEREAS*, the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and

*WHEREAS*, injuries from falls are largely preventable through evidence-based methods, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

*NOW, THEREFORE*, I, Jay Inslee, governor of the state of Washington, do hereby proclaim September 18th-22nd, 2023, as

### *Falls Prevention Awareness Week*

in Washington, and I urge all people in our state to join me in this special observance.



Signed this 31<sup>st</sup> day of August, 2023

Governor Jay Inslee