

# 2022 PLACEMAT CONTEST FALLS PREVENTION AWARENESS WEEK

**GOAL: Create a placemat for falls prevention partners to distribute during Falls Prevention Awareness Week (FPAW) - Sept. 18-24, 2022**



## **Theme: Strengthening Community Connections in Falls Prevention**

Statewide partners will have a winning selection of placemats to share across our NC communities! Submit for your chance to receive support for printing!

### **Submission Requirements:**

- Submit placemat design in a format that can be shared with and edited by partners, such as pdf, word, or ppt.
- Formatting guidelines:
  - Create a 2-sided document, size: 8 ½" x 14"
  - Use 16-18 pt font; avoid fancy or narrow fonts or all caps; use bold for emphasis; and limit use of italics and underlines.
  - Use dark text on a light background as shading can make reading difficult.
  - Use language at an 8th grade reading level.
- Include a section for local partners to add their contact info/logo.
- Include the Healthy Aging NC [logo](https://healthyagingnc.com), website link: [healthyagingnc.com](https://healthyagingnc.com), and information about at least one [evidence-based falls prevention program](#).
- Include the NC Falls Prevention Coalition [logo](https://ncfallsprevention.org) and website link: [ncfallsprevention.org](https://ncfallsprevention.org)
- Cite any sources for statistics and/or images. Include images that are public domain and/or for which you have permission to share. All submissions must include a signed [UNCA Photo Release Form](#) from all identifiable individuals in the images.

### **How to enter:**

- Include submitter's name, organization, city, state, email address, and phone number.
- Attach placemat and photo release form, if necessary
- Email submissions to Ellen Bailey: [ebailey@unca.edu](mailto:ebailey@unca.edu)
- **Deadline Friday, August 19, 2022, 5:00 pm EST**



### **Judging and Awards:**

- Winning placemats will be posted on the [NC Falls Prevention Coalition \(NCFPC\)](#) website to be shared with statewide partners.
- Monetary prizes will be awarded to the organization to cover placemat printing costs:  
1st place: \$200, 2nd place: \$150, 3rd place: \$100
- Judges from the NCFPC coalition will choose the winners.

**Need samples for inspiration? Click [HERE](#).**

Questions: Contact Ellen Bailey: [ebailey@unca.edu](mailto:ebailey@unca.edu)

