State of North Carolina

ROY COOPER
GOVERNOR

FALLS PREVENTION AWARENESS WEEK

2022

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, approximately 17.1 percent of North Carolinians are 65 years of age or older; and

WHEREAS, it is estimated that a quarter of people age 65 and older fall each year, and older adults who fall once are two to three times more likely to fall again; and

WHEREAS, according to estimates by the North Carolina Injury and Violence Prevention Branch of the North Carolina Division of Public Health, unintentional falls are the leading cause of fatal and nonfatal injuries among people in our state age 65 and older, causing 1,357 deaths, 19,688 hospitalizations, and 83,788 emergency department visits in 2020; and

WHEREAS, unintentional falls are the most common cause of traumatic brain injuries (TBI) among North Carolinians age 65 and older, with falls accounting for 64.9 percent of fatal TBI among older adults in 2020; and

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

WHEREAS, the average hospitalization charge of an unintentional fall for a North Carolina resident age 65 or older was $59,366.74 in 2020; and

WHEREAS, according to the Centers for Disease Control and Prevention, national hospitalization associated medical costs for unintentional falls totaled more than $75 billion in 2020, comprising 9 percent of the Medicare budget and 11 percent of the Medicaid budget, and over $374 billion in combined costs for health care and lost work productivity, as well as estimates of cost for lost quality of life and lives lost; and

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

WHEREAS, evidence-based programs reduce falls through cost-effective strategies such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

WHEREAS, the North Carolina Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage people to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim September 18 – 24, 2022, as **"FALLS PREVENTION AWARENESS WEEK"** in North Carolina, and commend its observance to all citizens.

Roy Cooper
Governor

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 sixteenth day of September in the year of our Lord two thousand and twenty-two and of the Independence of the United States of America the two hundred and forty-eighth.