

2023 PLACEMAT CONTEST FALLS PREVENTION AWARENESS WEEK

GOAL: Create a placemat for falls prevention partners to distribute during Falls Prevention Awareness Week (FPAW) - Sept. 18-22, 2023 around the 6 Steps to Prevent a Fall framework.

Theme: *From Awareness to Action*



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](#), and website link: healthyagingnc.com
- Include the NC Falls Prevention Coalition [logo](#), and website link: ncfallsprevention.org
- Address the theme: From Awareness to Action.
- Include information from at least ONE, several, or all six of the 6 Steps to Prevent a Fall. One of the required steps is promoting ONE approved evidence-based falls prevention program available in your community to address Step 1 - Find a balance or exercise program.
- Cite any sources for statistics and/or images. Include only images that are public domain and/or that you have permission to share. All submissions must include a signed UNCA Photo Release Form from any and 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 Divya Venkataganesan: dvenkata@unca.edu
- **Deadline Friday, August 18, 2023, 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: \$125, 2nd place: \$100, 3rd place: \$75
- Judges from the NCFPC coalition will choose the winners.



HEALTHY AGING NC

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

Questions: Contact Divya Venkataganesan: dvenkata@unca.edu