

## City of Kenmore, Washington

### Falls Prevention Awareness Week

#### PROCLAMATION

**WHEREAS**, every person, regardless of their stage in life, deserves wellness and stability; and

**WHEREAS**, in Washington State, more than a quarter of Washington residents over age 65 experience a fall; and

**WHEREAS**, unintentional fall-related deaths account for more than half of all unintentional injury deaths of Washington residents over age 65; and

**WHEREAS**, The total number of unintentional fall-related death among Washington residents over age 65 continues to climb; and

**WHEREAS**, in 2019 alone, non-fatal unintentional fall hospitalization costs exceeded 1.1 billion dollars; and

**WHEREAS**, Washington has a 27% higher rate of deaths from falls than the United States as a whole: and

**WHEREAS**, the City of Kenmore wishes to increase public awareness and educate older adults, caregivers, and healthcare providers about risk factors and how to prevent falls; and

**WHEREAS**, the City supports the National Council on Aging and their Senior Safety (NCOA) recommendations to prevent falls; and

**WHEREAS**, NCOA's five steps to prevent falls include: Practice balance or exercise program, talk to your doctor if you've had a fall or are afraid of falling, get your vision and hearing checked annually, keep your home safe, talk with your family and ask for support.

**NOW, THEREFORE**, I, David Baker, Mayor of the City of Kenmore, on behalf of the City Council, do hereby proclaim **September 20 through September 24 as Falls Prevention Awareness Week** the City of Kenmore and call upon our community to learn the five simple way prevent falls when you age. **IN WITNESS WHEREOF**, signed this 13<sup>th</sup> day of **September 2021**.



Signed: \_\_\_\_\_

Mayor David Baker

Attested: \_\_\_\_\_

City Clerk Anastasiya Warhol