

*The Board of Supervisors of
Contra Costa County, California*

In the matter of:

Resolution No. 2015/305

recognizing September 21 - 27, 2015 as Falls Prevention Awareness Week in Contra Costa County.

Whereas, nearly 156,000 people, or 14 percent of Contra Costa County's 1,111,339 population are age 60 or older; and

Whereas, each year nationally, one in every three adults age 65 and older falls, and falls are the leading cause of injury death among seniors; every 35 minutes an older adult dies from a fall; and

Whereas, falls are the most common cause of nonfatal injuries and hospital admissions for trauma causing injuries such as hip fractures and head traumas, and fall-related injury is one of the 20 most expensive medical conditions; and

Whereas, according to a 2010 report, almost half (49.3%) of Contra Costa County's unintentional injury hospitalizations occurred among residents 65 years and older and over three-quarters (75.9%) of these hospitalizations were due to falls; and

WHEREAS, county residents 65 years and older had the highest unintentional injury hospitalizations in the county were due to falls, followed by motor vehicle traffic accidents (13.5%) and poisonings (7.5%); and

Whereas, falling, and the fear of falling can lead to depression, isolation, diminished mobility, and loss of functional independence; falls are a public health problem that is largely preventable; and

Whereas, concentrated efforts are being made in Contra Costa County by the Fall Prevention Coalition to reduce falls and fall related injuries by using multi-faceted interventions; and

Whereas, by Senate Concurrent Resolution, SCR 77 of May 28, 2008 declares the first week of Fall each year as Falls Prevention Awareness Week in California, and the Federal Safety of Seniors Act of 2007 calls for the expansion of public health programs, educational outreach, and research activities related to fall prevention.

Now, Therefore, Be It Resolved that the Board of Supervisors of Contra Costa County does hereby proclaim the week of **September September 21-27, 2015**, as **"FALLS PREVENTION AWARENESS WEEK"**, and calls upon our citizens and interested groups to observe the week with appropriate activities that promote awareness of fall prevention.

JOHN GIOIA

Chair,
District I Supervisor

CANDACE ANDERSEN

District II Supervisor

MARY N. PIEPHO

District III Supervisor

KAREN MITCHOFF

District IV Supervisor

FEDERAL D. GLOVER

District V Supervisor

I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown.

ATTESTED: August 25, 2015

David J. Twa,

By: _____, Deputy