

# Board of Supervisors of Contra Costa County, California

PR.3, C.16

IN THE MATTER OF RECOGNIZING SEPTEMBER 22 -28,  
2016 AS FALLS PREVENTION AWARENESS WEEK

RESOLUTION NO. 2016/504

WHEREAS, nearly 165,000 people, or 14.6% percent of Contra Costa County's 1,126,745 population are age 65 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; and 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; and

WHEREAS, concentrated efforts are being made in Contra Costa County by the Fall Prevention Coalition to reduce falls and fall related injuries 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 22 to September 28, 2016, as

## Falls Prevention Awareness Week

in Contra Costa County and calls upon our citizens and interested groups to observe the week with appropriate activities that promote awareness of fall prevention.

PASSED by a unanimous vote of the Board of Supervisors members present this 20<sup>th</sup> day of September, 2016.

  
CANDACE ANDERSEN

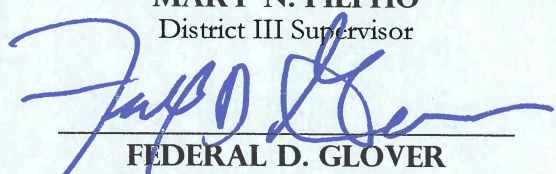
Chair,  
District II Supervisor

  
JOHN GIOIA  
District I Supervisor

ABSENT  
KAREN MITCHOFF  
District IV Supervisor

ABSENT

MARY N. PIEPHO  
District III Supervisor

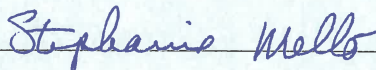
  
FEDERAL D. GLOVER  
District V Supervisor



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: September 20, 2016

DAVID TWA, Clerk of the Board of Supervisors and County Administrator

By , Deputy