

Proclamation

WHEREAS, Washoe County is committed to ensuring the health and safety of its residents, especially older adults, who are at a higher risk of falls; and

WHEREAS, falls are the leading cause of both fatal and non-fatal injuries among older adults in the United States, while contributing to a decrease in independence; and

WHEREAS, fall injuries are the highest number of reported injuries in Washoe County, and most common among individuals 55+ years and older with 83% of fall hospitalization attributed to this age group in Washoe County; and

WHEREAS, the majority of these injuries CAN be avoided by participating in well-chosen evidence-based fall prevention programs in the community and/or virtually at home; and

WHEREAS, Falls Prevention Awareness Week is a national health campaign initiated by the National Council on Aging to increase awareness around falls health and injury prevention; and

WHEREAS, the campaign can unite Nevadans towards a common goal to educate, empower, and protect our older population through evidence-based interventions, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

WHEREAS, we join organizations across the state in raising awareness about how to prevent fall-related injuries among older adults, collaborate and educate Nevadans about the impact of falls, and encourage citizens across the state to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, be it resolved, that the Washoe County District Board of Health does hereby proclaim the week of September 23-27, 2024, as

Falls Prevention Awareness Week

ADOPTED this 26th day of September 2024

Kristopher Dahir, Chairman
District Board of Health