

# The State of Washington



## Proclamation

**WHEREAS**, it is estimated that 13 percent of the population in Washington State are 65 years old or older; and

**WHEREAS**, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma among those 65 years old or older; and

**WHEREAS**, the rate of death from falls for older adults in Washington State has risen more than 25 percent since the year 2000; and

**WHEREAS**, one-in-three adults aged 65 and older falls each year, and of those who fall, 20 to 30 percent suffer moderate to severe injuries such as lacerations, hip fractures, and head traumas that make it hard for them to get around or live independently and that increase their risk of early death; and

**WHEREAS**, a large proportion of fall deaths are due to complications following a hip fracture, and one-in-five hip fracture patients dies within a year of their injury; and

**WHEREAS**, in Washington State, the highest rate of Traumatic Brain Injury (TBI)-related deaths and hospitalizations were among people 65 years old or older, and

**WHEREAS**, older adults can remain independent and reduce their chances of falling through regular exercise, reviewing their medications with a health care provider, having their eyes checked annually, and making their homes safer by installing safety devices;

**NOW, THEREFORE**, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 22, 2017, as

### *Fall Prevention Awareness Day*

in Washington, and I encourage all people in our state to join me in this special observance.



Signed this 9<sup>th</sup> day of August, 2017

Governor Jay Inslee