

The State of Washington



Proclamation

WHEREAS, it is estimated that 11.3 percent of Washington State citizens are 65 years of age or older; and

WHEREAS, it is estimated that one-third of seniors over the age of 65 and 50 percent of seniors over the age of 80 will fall each year, resulting in medical costs exceeding \$27 billion annually; and

WHEREAS, falls are the leading cause of injury deaths among people over the age of 65, and the leading cause of hospital admissions, and emergency room and doctor visits; and

WHEREAS, falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of functional independence; and

WHEREAS, the causes of falls vary with contributing factors including lack of strength in the lower extremities, the use of four or more medications, reduced vision, chronic health problems, and unsafe home conditions;

NOW, THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim September 16, 2010, as

Fall Prevention Awareness Day

in Washington State, and I urge all citizens to join me in this special observance.

Signed this 27th day of April, 2010

A handwritten signature in blue ink that reads "Chris Gregoire".

Governor Christine O. Gregoire

