

# The State of Washington



## Proclamation

**WHEREAS**, approximately 13 percent of Washingtonians are 65 years of age or older;  
and

**WHEREAS**, one out of three adults age 65 and older will fall each year, but less than half talk to their healthcare providers about it; and

**WHEREAS**, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma; and

**WHEREAS**, by the year 2020, the annual direct and indirect cost of fall injuries in the United States, is expected to reach 67.7 billion dollars; and

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

**NOW THEREFORE**, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 21-27, 2014 as

### *Fall Prevention Awareness Week*

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

Signed this 29<sup>th</sup> day of April, 2014



  
Governor Jay Inslee