

State of North Carolina

ROY COOPER
GOVERNOR

FALLS PREVENTION WEEK

2024

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, approximately 17.6 percent of North Carolinians are 65 years of age or older; it is estimated that a quarter of people ages 65 and older fall each year, and older adults who fall once are two to three times more likely to fall again; and

WHEREAS, according to estimates by the North Carolina Injury and Violence Prevention Branch of the North Carolina Department of Health and Human Services, Division of Public Health, unintentional falls are the leading cause of fatal and nonfatal injuries among people in our state ages 65 and older, causing 1,727 deaths, 21,695 hospitalizations, and 138,296 emergency department visits in 2023; and

WHEREAS, unintentional falls can lead to depression, loss of mobility, and loss of functional independence and are the most common cause of traumatic brain injuries (TBI) among North Carolinians ages 65 and older, with falls accounting for 67.5 percent of fatal TBI among older adults in 2023; and

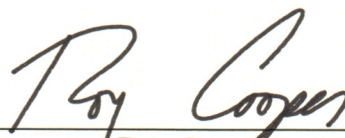
WHEREAS, the average hospitalization charge of an unintentional fall for a North Carolina resident ages 65 or older was \$70,984.09 in 2023; and

WHEREAS, evidence-based programs reduce falls through cost-effective strategies such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

WHEREAS, the North Carolina Falls Prevention Coalition works to increase awareness of this issue, promotes multidisciplinary strategies to prevent falls, and encourages people to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim September 23 – 27, 2024, as “**FALLS PREVENTION WEEK**” in North Carolina, and commend its observance to all citizens.





Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this seventeenth day of September in the year of our Lord two thousand and twenty-four and of the Independence of the United States of America the two hundred and forty-ninth.