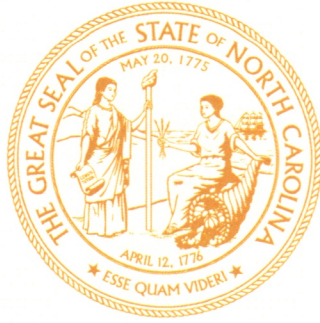




State of North Carolina

JOSH STEIN
GOVERNOR

FALLS PREVENTION AWARENESS WEEK

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, approximately 17.9 percent of North Carolinians are 65 years of age or older; and it is estimated that one in four adults fall each year, with those who have fallen once being twice to three times more likely to fall again; and

WHEREAS, according to estimates by the North Carolina Department of Health and Human Services Division of Public Health's Injury and Violence Prevention Branch, unintentional falls are the leading cause of fatal and nonfatal injuries among people in our state ages 65 and older, causing 1,826 deaths, 24,822 hospitalizations, and 164,579 emergency department visits in 2025; 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 65 percent of fatal TBI among older adults in 2025; and

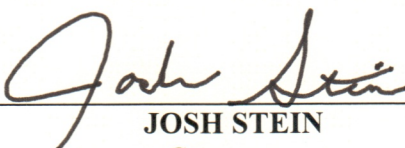
WHEREAS, the average hospitalization charge associated with an unintentional fall among North Carolinians age 65 or older was \$76,600.90 in 2025; and

WHEREAS, evidence-based programs can reduce falls through proven strategies such as improving balance and strength, reviewing medications, addressing vision concerns, reducing home hazards, and increasing fall prevention awareness and education; and

WHEREAS, the North Carolina Falls Prevention Coalition is working to increase awareness of this danger, promote multidisciplinary strategies to prevent falls, and encourage people to take steps to protect those who are at increased risk of falling;

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim September 21 – 25, 2026, as “**FALLS PREVENTION AWARENESS WEEK**” in North Carolina and commend its observance.




JOSH STEIN
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 eighth day of September in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fifty-first.