

# State of North Carolina

**JOSH STEIN**  
GOVERNOR

## FALLS PREVENTION AWARENESS WEEK

2025

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 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 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 1,748 deaths, 23,568 hospitalizations, and 154,444 emergency department visits in 2024; 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 age 65 and older with falls accounting for 65 percent of fatal TBI among older adults in 2024; and

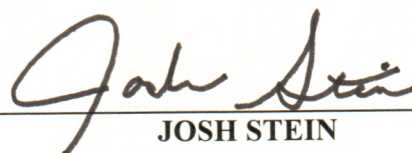
**WHEREAS**, the average hospitalization charge of an unintentional fall for a North Carolina resident age 65 or older was \$73,101.70 in 2024; and

**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 is working to increase awareness of this issue, 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 22 – 26, 2025, as “**FALLS PREVENTION AWARENESS WEEK**” in North Carolina and commend its observance to all citizens.



  
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 twenty-fifth day of August in the year of our Lord two thousand and twenty-fifth and of the Independence of the United States of America the two hundred and forty-ninth.