

State of Maine



WHEREAS, approximately 20.6 percent of Maine citizens are 65 years of age or older; and

WHEREAS, it is estimated that one fourth of people aged 65 and older will fall each year; and

WHEREAS, in 2017, fall-related injuries of Maine citizens aged 65 years and older led to 21,722 emergency room visits, 4,319 hospitalizations, and 309 deaths or discharges to hospice care; and

WHEREAS, falls are the most common cause of traumatic brain injuries nationally among citizens 65 years of age and older, with fatal traumatic brain injury rates being highest among older adults of 75 years and older; and

WHEREAS, falls are the leading cause of both fatal and nonfatal injuries among older adults in the United States, with one out of five falls causing a serious injury such as broken bones or a head injury; and

WHEREAS, falls can lead to depression, loss of mobility, and loss of functional independence; and

WHEREAS, the average hospitalization charge for an unintentional fall in the United States for patients aged 65 and older is more than \$30,000, with the financial toll expected to increase as the population ages, potentially reaching \$101 billion nationally by 2030; and

WHEREAS, injuries from falls are largely a preventable community health problem; and

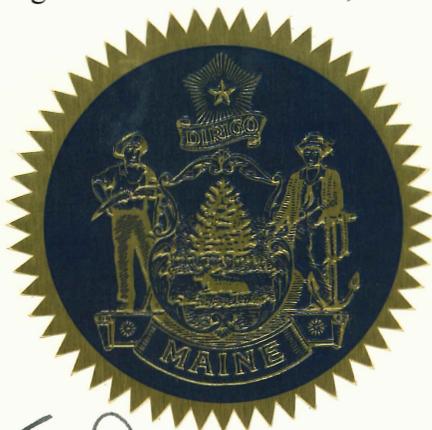
WHEREAS, evidence-based programs reduce falls by utilizing cost-effective strategies, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

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

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby recognize September 23rd, 2019 as

Falls Prevention Awareness Day

throughout the State of Maine, and I urge all citizens to recognize this observance.



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this tenth day of September Two Thousand Nineteen

Janet T. Mills
Governor

Matthew Dunlap
Secretary of State

TRUE ATTESTED COPY