

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

PROCLAMATION NO. 2012-152

Proclaiming September 22nd, 2012 as Falls Prevention Awareness Day in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. September 22, 2012, marks the 5th Annual National Falls Prevention Awareness Day. This year's theme, "Standing Together to Prevent Falls" seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population—an effort the County actively promotes.
- b. Falls are the leading cause of injury-related hospital emergency room visits for older adults, the major cause of hip fractures and are responsible for over half of fatal head injuries. Each year, nearly 500 deaths and 8,600 hospitalizations in Oregon are due to unintentional falls. A substantial number of these incidents occur in Multnomah County due to the size of its older adult population, which is increasing rapidly as baby boomers age.
- c. While falls are a threat to the health and independence of older adults as well as a hindrance to their self-sufficiency, the opportunity to reduce falls among older adults has never been better. Today, studies demonstrate that a combination of interventions can significantly reduce falls in the older adult population and improve quality of life.
- d. On September 22, 2012, seniors are invited to join Multnomah County Aging & Disability Services and the Oregon Health Authority for a Falls Prevention Resource Fair at Legacy Emanuel Medical Center, from 9am to 12pm, where they will learn about effective ways to prevent falls through evidence-based prevention programs and community resources.
- e. In supporting older adults' efforts to gain strength, improve their balance, and build the confidence they need to age well and remain independent, the County will help ensure their safety and well-being.

The Multnomah County Board of Commissioners Proclaims:

September 22, 2012, Falls Prevention Awareness Day in Multnomah County—a time to promote health-conscious living, neighborhoods that enhance mobility, and falls prevention programs that assist older adults in remaining active and engaged in our community.

ADOPTED this 20th day of September, 2012.



**BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**



Jeff Cogen, Chair

SUBMITTED BY: Commissioners Loretta Smith, District 2, and Judy Shiprack, District 3