



## *Proclamation*

**WHEREAS**, falls are the leading cause of injuries requiring hospitalization or treatment and injury-related deaths in California, with the vast majority of these occurring among older individuals; and

**WHEREAS**, falls are preventable when education, awareness, and interventions are put in place; and

**WHEREAS**, the nationally ranked evidenced based "A Matter of Balance" program is sponsored by the Sonoma County Area Agency on Aging with partner agencies and trained volunteers to raise seniors' confidence about their balance and increase their activity levels to reduce risk of falls; and

**WHEREAS**, since "A Matter of Balance" began in Sonoma County, approximately 1,250 older adults have participated in classes taught throughout the county, 137 sessions have been provided by 19 volunteer coaches, serving 154 seniors in Fiscal Year 2016-17;

**WHEREAS**, injuries from falls are a community health problem with many organizations, agencies, health care providers, and individuals working to raise awareness, provide resources to prevent falls and help those who suffer from complications from falls; and

**WHEREAS**, the first day of Fall, September 22, 2017, has been declared "National Falls Prevention Awareness Day" and the 2017 theme is "10 Years Standing Together to Prevent Falls"; and

**WHEREAS**, by legislative resolution of 2008, California has established the first week of Fall as Falls Prevention Awareness Week.

**NOW, THEREFORE BE IT RESOLVED**, that I, Chris Coursey, Mayor of the City of Santa Rosa, on behalf of the entire City Council, do hereby proclaim the week of September 22 - 28, 2017

### **FALLS PREVENTION AWARENESS WEEK**



Mayor Chris Coursey  
September 19, 2017