



STATE OF TENNESSEE  
**PROCLAMATION**  
BY THE GOVERNOR

**WHEREAS**, the citizens of the State of Tennessee share a desire to raise awareness and encourage the prevention of falls and injuries among older adults; and

**WHEREAS**, every 20 minutes, an older adult in the United States dies from a fall; and

**WHEREAS**, even falls without injuries can cause seniors and disabled adults to develop fear of falling; and

**WHEREAS**, such fear may lead seniors and disabled individuals to limit their activity, which often results in physical decline, depression and social isolation, which in turn further increases risk for falling; and

**WHEREAS**, every 13 seconds an older adult is treated in the emergency room for a fall; and

**WHEREAS**, in 2013, the total cost of fall injuries was \$34 billion with 78 percent of that cost paid by Medicare, and

**WHEREAS**, the total cost of fall-related injuries may reach \$67.7 billion by 2020; and

**WHEREAS**, each year at least 250,000 older adults are hospitalized for hip fractures, with 95% of hip fractures caused by falling sideways; and

**WHEREAS**, older adults and disabled individuals can prevent falls by talking to their doctor to evaluate their fall risk, reviewing medications that may cause loss of balance, engaging in strength and balance exercises, undergoing a routine vision check, and making their homes safer; and

**WHEREAS**, the prevention of falls is a national initiative to increase the public awareness and educate consumers and professionals about the risks of falls and how to prevent falls;

**NOW, THEREFORE**, I, Bill Haslam, Governor of the State of Tennessee, do hereby proclaim September 22, 2016 as

*Fall Prevention Awareness Day*

in Tennessee and encourage all citizens to join me in this worthy observance.



**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this nineteenth day of July, 2016.

*Bill Haslam*

Governor

*Lee Hargett*

Secretary of State