

*Office of the Governor*



*State of Missouri*

*Governor's Proclamation*

**WHEREAS**, it is estimated that 18% of Missouri citizens are 65 years of age or older and it is estimated that 30% of Missourians aged 65 and older will fall each year; and

**WHEREAS**, according to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of fatal and nonfatal injuries among people 65 and older in Missouri, leading to 740 deaths in 2021; an average of 18,009 hospitalizations each year from 2005 to 2015; and an average of 150,525 emergency department visits each year from 2005 to 2015; and

**WHEREAS**, falls are the most common cause of traumatic brain injuries among Missouri citizens 65 years of age and older, with falls accounting for 2,737 new traumatic brain injuries among older adults in 2015; and

**WHEREAS**, the direct medical costs for an unintentional falls among Missouri residents ages 65 and older was \$883,000,000 in 2014; and the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and

**WHEREAS**, falls can lead to depression, loss of mobility and loss of functional independence; 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 Show Me Falls Free Missouri 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; and

**NOW, THEREFORE**, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim September 2023, to be

**FALLS PREVENTION AWARENESS MONTH**

in Missouri.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 3<sup>rd</sup> day of August, 2023.



Handwritten signature of Michael L. Parson in blue ink.

*Michael L. Parson*  
GOVERNOR

ATTEST:

Handwritten signature of Jay Ashcroft in black ink.

SECRETARY OF STATE