



Executive Department  
State of Idaho

The Office of the Governor  
**Proclamation**

State Capitol  
Boise

**Senior Fall Prevention Awareness Week**

WHEREAS, it is estimated that 12 percent of Idaho citizens are 65 years of age or older, and older Idahoans are the fastest-growing segment of our population; and

WHEREAS, falls are the leading cause of injuries, death and hospital admissions for traumatic injuries among older adults; and

WHEREAS, falling and the fear of falling can lead to depression, loss of mobility, and loss of functional independence; and

WHEREAS, it is estimated that in the United States, a third of all seniors over the age of 65 and half of all seniors over age 80 will fall each year, resulting in medical costs exceeding \$27 billion annually; and

WHEREAS, the Centers for Disease Control and Prevention (CDC) estimates that if the rate of increase in falls is not reduced, annual costs under the Medicare program could reach \$32.4 billion by 2020; and

WHEREAS, evidence based-programs show promise in reducing falls and facilitating cost-effective interventions, such as exercise programs to improve balance and health, management of medications, correction of vision, and reduction of home hazards; and

WHEREAS, the Idaho Department of Health and Welfare oversees the Fit and Fall Proof™ exercise program to keep older adults in Idaho healthy, strong, and independent in their homes and communities, and to increase awareness for the prevention of falls;

NOW, THEREFORE, I, C.L. "BUTCH" OTTER, Governor of the State of Idaho, do hereby proclaim the week of September 18-24, 2011 to be

**SENIOR FALL PREVENTION AWARENESS WEEK**

in Idaho.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 18<sup>th</sup> day of September in the year of our Lord two thousand and eleven and of the Independence of the United States of America the two hundred thirty-fifth and of the Statehood of Idaho the one hundred twenty-first.

C.L. "BUTCH" OTTER  
GOVERNOR

BEN YURSA  
SECRETARY OF STATE