



**Proclaiming September 2023 As  
Fall Prevention Awareness Month In Ventura County**

**WHEREAS**, it is estimated that approximately 25 percent of Ventura County citizens, more than 216,000 people, are 60 years of age or older; and

**WHEREAS**, it is projected that by 2030, the senior population will increase from 25 percent to 30 percent; and

**WHEREAS**, it is estimated that one in four adults over the age of 65 will fall each year, with medical costs of fall-related hospitalizations having an estimated total of more than \$50 billion annually, a number is expected to be more than \$100 billion by 2030; and

**WHEREAS**, falls are the leading cause of injury deaths among people over the age of 65, and the leading cause of doctor visits, hospital admissions, and emergency room visits; and

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

**WHEREAS**, injuries from falls are a largely preventable community health problem; and

**WHEREAS**, the cause of falls is composed of multiple contributing factors including lack of strength in the lower extremities, the use of multiple medications, reduced vision, chronic health problems, and unsafe environments; and

**WHEREAS**, concentrated efforts are being made in Ventura County by the Ventura County Health Care Agency and Ventura County Area Agency on Aging, in partnership with the Ventura County Elderly Fall Prevention Coalition (comprised of over 30 community-based organizations) to reduce falls and fall related injuries by using multi-faceted interventions, such as: case management, in-home assessments, home modification and evidence-based classes such as Matter of Balance, Stepping On, Walk with Ease, Tai Chi: Moving for Better Balance, Bingocize; and

**WHEREAS**, since 2013 the Ventura County Elderly Fall Prevention Coalition has hosted 16 well-attended local Fall Prevention Forums for older adults and their caregivers; with the 2023 Forum taking place in person this Friday at the Oxnard Performing Arts Center; and

**WHEREAS**, it is appropriate to recognize the values and the accomplishments of the Trauma practitioners, EMS, Fire Departments, Public Health, Ventura County Area Agency on Aging, and numerous other agencies involved in the Elderly Fall Prevention Coalition of Ventura County.

**NOW, THEREFORE, BE IT RESOLVED**, the County of Ventura Board of Supervisors hereby does proclaim September 2023, as "Fall Prevention Awareness Month" in Ventura County and urges its residents to take part in activities and classes that are designed to help keep older adults engaged, active, and moving in a healthy and safe environment.

**Presented On This 26th Day of September 2023**