



Proclaiming

September 2024

Fall Prevention Awareness Month in Ventura County

WHEREAS, it is estimated that approximately 25 percent of Ventura County citizens, more than 210,000 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, leading to three million emergency department visits nationwide; and

WHEREAS, with medical costs of fall-related hospitalizations costing an estimated total of more than \$80 billion annually, a number that 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, 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, injuries from falls are a largely preventable community health problem; 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, and Bingocize; and

WHEREAS, since 2013 the Ventura County Elderly Fall Prevention Coalition has hosted 17 well-attended local Fall Prevention Forums for older adults and their caregivers; with the 2024 Forum taking place in person this Friday, Sept. 27, at Cal Lutheran University; 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 proclaims September 2024, 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 24th day of September 2024


Matt LaVergne, Supervisor 1st District


Jeff Gorrell, Supervisor 2nd District


Janice S. Parvin, Supervisor 4th District


Chair of the Board of Supervisors
Kelly Long, Supervisor 3rd District


Vianey Lopez, Supervisor 5th District