



**Resolution  
of  
The Board of Supervisors of Ventura County  
PROCLAIMS  
FALL PREVENTION AWARENESS WEEK  
IN VENTURA COUNTY  
SEPTEMBER 20 - 24, 2021**

**WHEREAS**, it is estimated that 16.2 percent of Ventura County citizens, more than 137,000 people, are 65 years of age or older; and projected that by 2030, the senior population will increase from 16.2 percent to 19 percent; and

**WHEREAS**, it is estimated that one in four adults over the age of 65 and half of adults over the age of 80 will fall each year, with medical costs of each fall-related hospitalization estimated at an average between \$37,000 to over \$60,000; 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 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; and

**WHEREAS**, historically, the repeat fall rate of participants in the Fall Prevention Program is 5 percent versus 22 percent for non-participants; and

**WHEREAS**, since 2013 the Ventura County Elderly Fall Prevention Coalition has hosted 13 well attended local Fall Prevention Forums for older adults and their caregivers; and

**WHEREAS**, at the state level, SCR 77 (D-Lowenthal) was passed in 2008 declaring the first week of Fall each year as Fall Prevention Awareness Week; and


**WHEREAS**, at the federal level the Safety of Seniors Act of 2007 (S. 845) calls for the expansion of public health programs, educational outreach, and research activities related to fall prevention; and

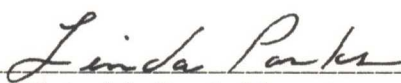
**WHEREAS**, it is appropriate to recognize the values and the accomplishments of the Trauma practitioners, EMS, Fire Departments, Public Health, Ventura County Area Agency on Aging, and numerous other agencies involved in the Elderly Fall Prevention Coalition of Ventura County, by designating Fall Prevention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

**NOW, THEREFORE, BE IT RESOLVED**, that the County of Ventura Board of Supervisors does hereby proclaim the week of September 20-24, 2021, as **Fall Prevention Awareness Week** in Ventura County with a special focus on this year's Fall Prevention Forum theme of ***Go for the Medal: Be a Fall Prevention Champion***. As Ventura County continues to navigate the COVID-19 crisis, we call upon our citizens and interested groups to observe the week with appropriate activities that promote awareness of fall prevention; including, but not limited to, outdoor activities and VCAA sponsored classes and online events designed to keep older adults engaged and active in a safe environment.

PRESENTED THIS 14<sup>th</sup> DAY OF SEPTEMBER 2021

  
Matt LaVere Supervisor 1<sup>st</sup> District

  
Robert O. Huber Supervisor 4<sup>th</sup> District

  
Chair of the Board of Supervisors  
Linda Parks, Supervisor 2<sup>nd</sup> District

  
Kelly Long Supervisor 3<sup>rd</sup> District

  
Carmen Ramirez Supervisor 5<sup>th</sup> District