

Proclamation

Whereas, California has over 5.5 million residents age 65 and older – the largest elderly population of any state in the United States, whose age 85 plus category is now the fastest growing segment of the population; and

Whereas, in 2017, there were 224,530 people 65 years and older in Alameda County, representing 13.5% of the population and 48% of the hospitalizations and deaths due to unintentional injuries; and

Whereas, in 2017, there were 11,322 people 65 years and older in the City of Alameda, representing 14.3% of the population; and

Whereas, falls in Alameda County have been identified as the most common cause of unintentional injuries and leading cause of injury death among people over 65; and

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

Whereas, falls can be reduced by 20-30% through strategies including fall risk assessments, medication management, home fall hazard reduction, physical activity programs focused on balance and strength, and behavioral health education; and

Whereas, the State of California passed legislation in 2008 (SCR 77 Lowenthal) declaring the first week of fall each year as “Fall Prevention Awareness Week;” and

Whereas, we are fortunate to have many free and low cost events offered in Alameda to reduce falling, including increasing balance and strength sponsored by public and private organizations including Alameda Elder Services (Fitness and Therapy) by AEC Living, Alameda Fire Department, Alameda Hospital, Alameda Recreation & Parks Department, Alice Home Care of Alameda, Elders Village Talks and Mastick Senior Center.

Now, therefore, be it resolved, that I, Trish Herrera Spencer, Mayor of the City of Alameda, do hereby proclaim September 22 – 28, 2018 as

Fall Prevention Awareness Week

and encourage residents to take advantage of the services offered in town to reduce falls and implement risk strategies.



Trish Herrera Spencer

Mayor