STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, it is estimated that 2 million New Jersey residents are 60 years of age or older; and that the number of people in this age group will increase to 2.5 million by 2030; and

WHEREAS, it is estimated that one fourth of state residents over the age of 65 and one half of seniors over the age of 80 will experience a fall each year; and

WHEREAS, for New Jersey residents age 60 years of age and older, falls are the leading cause of injury-related deaths and, on an average day in 2019, 226 older adults were admitted to a hospital or treated in an emergency room due to a fall; and

WHEREAS, in 2019, the cost to treat older adult fall victims, either in emergency rooms or as hospital inpatients, topped $2.3 billion, with the average cost per inpatient of $92,520; and

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

WHEREAS, the causes of falls vary with contributing factors which include: lack of strength in the lower extremities, the use of four or more medications, reduced vision, chronic health problems and unsafe home conditions; and

WHEREAS, falls are not an inevitable consequence of aging and injuries from falls are largely a preventable community health concern; and

WHEREAS, falls prevention strategies, including physical activity to improve balance and strength, medication management, regular health and vision check-ups and home safety assessments, have a positive impact on the quality of life for New Jersey seniors by helping them to remain healthy, active and independent; and

WHEREAS, the Department of Human Services' Division of Aging Services has fostered partnerships across the aging and disabilities services network to offer evidence-based fall prevention programs, including A Matter of Balance: Managing Concerns about Falls, The Otago Exercise Program, Tai Ji Quan: Moving for Better Balance, Project Healthy Bones, and Move Today, throughout the State of New Jersey; and

WHEREAS, raising awareness of falls prevention efforts and strategies is in the best interest of older adults and others at risk of falling, their families, friends and caregivers;

NOW, THEREFORE, I, Phillip D. Murphy, Governor of the State of New Jersey, do hereby proclaim:

SEPTEMBER 20 THROUGH SEPTEMBER 26, 2020
AS
FALLS PREVENTION AWARENESS WEEK

in New Jersey.

GIVEN, under my hand and the Great Seal of the State of New Jersey, this ninth day of September in the year two thousand twenty, the two hundred forty-fifth year of the Independence of the United States.

Lt. GOVERNOR

GOVERNOR