

**THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
BOARD ACTION SUMMARY**

DEPT: Aging and Veteran Services

BOARD AGENDA: 6.A.2
AGENDA DATE: September 18, 2018

SUBJECT:

Approval to Proclaim the Week of September 22 through September 28, 2018, as "Fall Prevention Awareness Week" in Stanislaus County

BOARD ACTION AS FOLLOWS:

RESOLUTION NO. 2018-0458

On motion of Supervisor Chiesa, Seconded by Supervisor Withrow
and approved by the following vote,

Ayes: Supervisors: Olsen, Chiesa, Withrow, Monteith, and Chairman DeMartini

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

- 1) Approved as recommended
- 2) Denied
- 3) Approved as amended
- 4) Other:

MOTION:

ATTEST: Elizabeth A. King
ELIZABETH A. KING, Clerk of the Board of Supervisors

File No.

**THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
AGENDA ITEM**

DEPT: Aging and Veteran Services

BOARD AGENDA:6.A.2
AGENDA DATE: September 18, 2018

CONSENT:

CEO CONCURRENCE: YES

4/5 Vote Required: No

SUBJECT:

Approval to Proclaim the Week of September 22 through September 28, 2018, as "Fall Prevention Awareness Week" in Stanislaus County

STAFF RECOMMENDATION:

1. Proclaim the week of September 22 through September 28, 2018, as "Fall Prevention Awareness Week" in Stanislaus County.
2. Adopt a Resolution proclaiming September 22 through September 28, 2018, as "Fall Prevention Awareness Week" in Stanislaus County.

DISCUSSION:

In 2008, Senate Concurrent Resolution 77, authored by Senator Alan Lowenthal (D - Long Beach), established an Annual Fall Prevention Awareness Week in California, urging all state and local aging programs and agencies to incorporate fall prevention into their master plans and planning documents affecting housing, transportation, parks and recreational facilities. Co-sponsored by the Fall Prevention Center of Excellence and the California Commission on Aging, the Resolution also recommended the development of standardized definitions and reporting methods to improve the information available on falls.

As a result of Senate Concurrent Resolution 77, the Stanislaus County Area Agency on Aging, the Healthy Aging Association, and various community partners began working together in a collaborative effort to address fall-related issues among older adults in Stanislaus County. These agencies, under a grant from the SCAN Foundation's Community of Constituents Initiative, formed the Senior Coalition of Stanislaus County. The Coalition established as one of its priorities, the goal to sustain Fall Prevention efforts and activities to increase awareness of falls and reduce the risk of major injuries caused by falls. The mission of the Senior Coalition of Stanislaus County is *"To enhance the physical, mental and social well-being, while reducing fall risk for seniors and persons with disabilities in Stanislaus County, in a collaborative community effort through education, coordinated services, and best practices for independence."*

According to the Centers for Disease Control and Prevention (CDC): "One out of five falls causes a serious injury such as broken bones or a head injury. Each year, 3 million older people are treated in emergency departments for fall injuries. Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Each year at least 300,000 older people are hospitalized for hip fractures. More than 95% of hip fractures are caused by falling, usually by falling

sideways. Falls are the most common cause of traumatic brain injuries (TBI). In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.” The good news is that falls are preventable. A combination of interventions has been found to significantly reduce falls in the older adult population. Experts recommend a physical activity regimen with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk assessment, and making sure the home environment is safe and supportive.

The Senior Coalition of Stanislaus County has identified several strategies to reduce falls, which include: community awareness and education, provider education and training programs, fall prevention coordination and assistance, physical activity including balance, mobility, and strength training, and affordable home modification. The Coalition uses a coordinated system of fall prevention and mitigation programs that provides a fall safety net for seniors and assists senior services and healthcare providers to address fall risk factors among seniors. In addition, the Stanislaus County Area Agency on Aging in cooperation with the Healthy Aging Association has created a Fall Prevention Resource Guide to help educate seniors and their caregivers about local resources and basic fall prevention interventions.

“Fall Prevention Awareness Week” has been slated for September 22-28, 2018, and the Senior Coalition of Stanislaus County will help celebrate by holding various Fall Prevention presentations, and hosting a special Fall Prevention section at the Healthy Aging Summit, which will be held October 19, 2018, at the Modesto Centre Plaza. The goal of Fall Prevention Awareness Week is to raise awareness among older persons and their families about the seriousness of falls, and ways to reduce fall risks in order to stay active and independent.

POLICY ISSUE:

The Stanislaus County Board of Supervisors has proclaimed the State-designated week for Fall Prevention Awareness Week as ‘Fall Prevention Awareness Week’ in Stanislaus County since 2008.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD OF SUPERVISORS’ PRIORITY:

The recommended action is consistent with the Boards’ priority of *Supporting Community Health* by proclaiming the week of September 22 through September 28, 2018, as “Fall Prevention Awareness Week”.

STAFFING IMPACT:

Existing Area Agency on Aging staff along with Senior Coalition members will plan and coordinate activities during Fall Prevention Awareness Week.

CONTACT PERSON:

Margie Palomino, Director. Telephone: (209) 525-4601

ATTACHMENT(S):

1. 2018 Fall Prevention Week Resolution

**PROCLAIMING THE WEEK OF SEPTEMBER 22-28, 2018
AS "FALL PREVENTION AWARENESS WEEK"**

WHEREAS, falling and the fear of falling is a real concern for individuals age 65 years and older. Falling and the fear of falling can cause loss of mobility, loss of independence, depression, anxiety, isolation, hopelessness, and death; and,

WHEREAS, in 2008 the State of California adopted Senate Concurrent Resolution 77 which declares the first week of fall as "Fall Prevention Awareness Week" and promotes fall prevention education throughout California; and,

WHEREAS, the Centers for Disease Control and Prevention (CDC) estimates that more than one-fourth of adults age 65 and older fall, but less than half of these individuals tell their doctor; and,

WHEREAS, one out of five falls causes a serious injury such as broken bones or a head injury; and,

WHEREAS, each year, 3 million older people are treated in emergency departments for fall injuries; and,

WHEREAS, over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture; and,

WHEREAS, more than 95% of hip fractures are caused by falling, usually by falling sideways; and,

WHEREAS, falls are the most common cause of traumatic brain injuries (TBI); and,

WHEREAS, in 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs; and

WHEREAS, according to the United States Census Bureau 12.8% of Stanislaus County residents are 65 years of age or older. In honor of these men and women, concentrated efforts are being made in Stanislaus County to reduce falls and fall-related injuries by multi-faceted interventions; and,

WHEREAS, the Stanislaus County's Department of Aging and Veterans Services strives to help these individuals to live secure, healthy, and independent lives, and the Senior Coalition of Stanislaus County is committed to making Stanislaus County a livable community for all elderly residents by focusing on issues around fall prevention for seniors and increasing fall prevention awareness through education and training.

NOW, THEREFORE, BE IT RESOLVED that the Stanislaus County Board of Supervisors does hereby proclaim the week of September 22-28, 2018, as 'Fall Prevention Awareness Week' in Stanislaus County, and encourages everyone to learn more about fall prevention techniques by visiting the Stanislaus County Aging and Veteran Services' website www.agingservices.info, or by contacting the Healthy Aging Association, (209) 525-4670, for a copy of the Fall Prevention Resource Guide.