

State of Vermont
Executive Department
A Proclamation

- WHEREAS,** Vermont is ranked 49th in the nation for prevalence of falls by the United Health Foundation's 2019 America's Health Rankings Senior Report; and
- WHEREAS,** Vermont has the 3rd highest median age in the nation at 42.8 years old and 19% of Vermonters are 65 years of age or older; and
- WHEREAS,** Vermont's fall rate for persons age 65 and older is 35% and significantly higher than the national rate of 29%; and
- WHEREAS,** falls are the most common cause of traumatic brain injuries (TBI) and account for 28% of TBI-related deaths and 52% of TBI hospitalizations and emergency department visits were due to falls; and
- WHEREAS,** falls are the leading cause of injury-related deaths, hospitalizations, and emergency department visits in Vermont; and
- WHEREAS,** falls and the fear of falling can lead to depression and hopelessness, as well as a loss of mobility and independence; and
- WHEREAS,** the Falls Free Vermont coalition, in partnership with the Vermont Department of Health, Department of Disabilities, Aging, and Independent Living, Vermont Area Agencies on Aging, University of Vermont Center on Aging, health care system providers, and Vermont Emergency Medical Services encourages use of free falls risk screenings and falls prevention programs offered in communities around the state; and
- WHEREAS,** older adults can remain independent and reduce their chances of falling through regular exercises, reviewing their medication with a health care provider, having their eyes checked annually, and making their home safer by installing safety devices; and
- WHEREAS,** it is encouraged that older adults, family members, caregivers, health care professionals, and service providers to raise awareness and prevent falls by supporting evidence-based interventions, community partnerships, and education to substantially reduce the number of falls.

NOW, THEREFORE,

I, Philip B. Scott, Governor, hereby proclaim September 2019 as

FALLS PREVENTION AND AWARENESS MONTH

in Vermont.

I encourage all Vermonters to join in this special observance and utilize resources found on the Falls Free Vermont website (www.fallsfreevermont.org).



Given under my hand and the Great Seal of the State of Vermont on this 1st day of September, A.D. 2019.

A handwritten signature in black ink, reading "Philip B. Scott". The signature is written in a cursive style and is positioned above a horizontal line.

Philip B. Scott
Governor

A handwritten signature in black ink, reading "Brittney O. Wilson". The signature is written in a cursive style and is positioned above the printed name.

Brittney O. Wilson
Secretary of Civil and Military Affairs