

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

DEPT: <sup>my</sup> Aging & Veterans Services

BOARD AGENDA # \*A-7a

Urgent  Routine

AGENDA DATE September 15, 2009

CEO Concurs with Recommendation YES  NO   
(Information Attached)

4/5 Vote Required YES  NO

SUBJECT:

Approval to Proclaim the Week of September 20 through September 26, 2009, as "Fall Prevention Awareness Week" in Stanislaus County

STAFF RECOMMENDATIONS:

- 1) Proclaim the week of September 20 through September 26, 2009, as "Fall Prevention Awareness Week" in Stanislaus County.
- 2) Adopt a Resolution proclaiming September 20 through September 26, 2009, as "Fall Prevention Awareness Week" in Stanislaus County.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2009-620

On motion of Supervisor Grover, Seconded by Supervisor Monteith

and approved by the following vote,

Ayes: Supervisors: O'Brien, Chiesa, Grover, 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:

*Christine Ferraro*

ATTEST: CHRISTINE FERRARO TALLMAN, Clerk

File No.

**DISCUSSION:**

In October, 2007, the Stanislaus County Area Agency on Aging in partnership with the Healthy Aging Association, received a grant from the Archstone Foundation to form the Senior Fall Prevention Coalition of Stanislaus County. The Coalition's Mission Statement is *"To reduce the risk of falls and increase fall prevention awareness in a collaborative community effort through education, training, and implementation of best practice interventions for fall prevention."* Other members of the Coalition include: AARP, Adult Protective Services, Advancing Vibrant Communities, California State University Stanislaus, Ceres Community Center, City of Modesto Parks - Recreation and Neighborhoods Department, DMC Foundation, Gentiva Home Health, Healthy Aging Association, Link2Care, Memorial Hospital Physical Therapy Department, Multipurpose Senior Service Program, Stanislaus County Area Agency on Aging, Stanislaus County Behavioral Health and Recovery Services, Stanislaus County Health Services Agency, Stanislaus County Commission on Aging, the Stanislaus County Sheriff's Department Coroner's Office, and the Stanislaus Senior Foundation.

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.

'Fall Prevention Awareness Week' has been slated for September 20-26, 2009, and the Senior Fall Prevention Coalition of Stanislaus County will help celebrate by holding Fall Prevention presentations, having an informational table in the 10<sup>th</sup> Street Place lobby during 'Fall Prevention Awareness Week', and hosting a special Fall Prevention section at the Healthy Aging Summit, which will be held October 9, 2009, 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.

According to the Centers for Disease Control and Prevention (CDC), an older adult is treated in a hospital emergency room for a fall every 18 seconds, and every 35 minutes an older adult dies as a result of a fall-related injury. In fact, among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. In California alone, 1.3 million older adults experience an injury due to falling each year. 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.

Approval to Proclaim the Week of September 20 through September 26, 2009, as "Fall Prevention Awareness Week" in Stanislaus County  
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The Senior Fall Prevention 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.

**POLICY ISSUES:**

The Stanislaus County Board of Supervisors should determine if proclaiming the week of September 20 through September 26, 2009, as "Fall Prevention Awareness Week" is consistent with the Board's priorities of a safe community, a healthy community and effective partnerships.

**STAFFING IMPACT:**

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

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS  
STATE OF CALIFORNIA

Date: September 15, 2009

No.

THE FOLLOWING RESOLUTION WAS ADOPTED:

**RESOLUTION PROCLAIMING THE WEEK OF SEPTEMBER 20 - 26, 2009  
AS "FALL PREVENTION AWARENESS WEEK"**

WHEREAS, it is estimated that nearly 15 percent of Stanislaus County citizens - over 542,000 people, are 60 years of age or older; and

WHEREAS, it is estimated that one-third of adults over the age of 60, and 50 percent of adults over the age of 80, will fall each year, with medical costs of each fall-related hospitalization in Stanislaus County is estimated at \$74,884.71; and

WHEREAS, falls are the leading cause of injury deaths among people over the age of 60, and the leading cause of doctor visits, hospital admissions, and emergency room visits; and

WHEREAS, in 2008, there were 57 deaths among adults aged 65 or older in Stanislaus County, related directly or indirectly to falls and:

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

WHEREAS, 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 Stanislaus County to reduce falls and fall related injuries by using multi-faceted interventions; and

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ATTEST: CHRISTINE FERRARO TALLMAN, Clerk  
Stanislaus County Board of Supervisors,  
State of California

WHEREAS, at the State level, Senate Concurrent Resolution 77 (D-Lowenthal) 'Fall Prevention Awareness Week' was passed in 2008. This legislation declares the first week of fall each year as "Fall Prevention Awareness Week" throughout the State; and

WHEREAS, at the Federal level, the Safety of Seniors Act of 2007 (Public Law 110-202), was passed in 2008. This bill called for the expansion of public health programs, educational outreach, and research activities related to fall prevention.

NOW, THEREFORE BE IT RESOLVED, that this Board of Supervisors does hereby declare and proclaim the week of September 20 - 26, 2009, as "FALL PREVENTION AWARENESS WEEK" in Stanislaus County, and call upon our citizens and interested groups to observe the week with appropriate activities that promote awareness of fall prevention.