



State of Missouri
Governor's Proclamation

WHEREAS, it is estimated that 18 percent of Missouri citizens are 65 years of age or older and that 31 percent of Missourians aged 65 and older will fall each year; and

WHEREAS, according to the Missouri Department of Health & Senior Services, falls are the leading cause of fatal and nonfatal injuries among seniors aged 65 and older in Missouri, leading to 790 senior deaths in 2022, an average of 13,447 senior hospitalizations each year from 2016 to 2022, and an average of 39,895 senior emergency department visits each year from 2016 to 2022; and

WHEREAS, falls are the most common cause of traumatic brain injuries among Missouri citizens 65 years of age and older, with falls accounting for 2,409 traumatic brain injuries seen in hospital and emergency room settings among older adults in 2022; and

WHEREAS, falls can lead to depression, loss of mobility, and loss of functional independence; and

WHEREAS, the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and

WHEREAS, injuries from falls are largely a preventable community health problem; and

WHEREAS, evidence-based programs reduce falls by utilizing cost-effective strategies such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and

WHEREAS, the Show Me Falls Free Missouri Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage citizens to take steps to protect those who are at increased risk of falling.

NOW, THEREFORE, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim September 2024 to be

FALLS PREVENTION AWARENESS MONTH

in Missouri.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 6th day of August, 2024.



A handwritten signature in blue ink, reading "Michael L. Parson".

Michael L. Parson
GOVERNOR

ATTEST:

A handwritten signature in blue ink, reading "Jay Ashcraft".

SECRETARY OF STATE