

A Proclamation

WHEREAS, it is estimated that 17 percent of Mississippi citizens are 65 years of age or older;

Whereas, it is estimated that one fourth of people 65 and older will fall each year and one out of five falls causes a serious injury such as broken bones or a head injury and falls can lead to depression, loss of mobility, and loss of functional independence;

Whereas, falls are the leading cause of both fatal and nonfatal injuries among older adults in the United States and falls are the most common cause of traumatic brain injuries among Mississippi citizens 65 years of age and older, with falls accounting for 40 percent of fatal traumatic brain injuries among older adults;

Whereas, according to the Mississippi State Department of Health's Office of Vital Records and Statistics, falls are the leading cause of fatal and nonfatal injuries among people 65 and older in Mississippi, leading to 286 deaths in (2021); 2,828 hospitalizations in (2021); and 259 emergency department visits in (2021);

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

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;

Whereas, the Mississippi Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls,

NOW, THEREFORE, I, Dr. Daniel Edney, State Health Officer of Mississippi and Executive Director of the Mississippi State Department of Health, hereby proclaim the week of September 23-27, 2024, as

FALLS PREVENTION AWARENESS WEEK

I encourage all citizens in the State of Mississippi to take steps to protect those who are at increased risk of falling.



Dr. Daniel Edney
Mississippi State Health Officer
Executive Director, Mississippi State Department of Health