



County of Sonoma

State of California

Date: September 16, 2025

Item Number: _____

Resolution Number: 25-_____

☐ 4/5 Vote Required

**Resolution of the Board of Supervisors of the County of Sonoma, State of California, Proclaiming
the week of September 22, 2025, as Falls Prevention Awareness Week in Sonoma County.**

Whereas, falls are a leading cause of injuries and injury-related deaths in California, with the vast majority of these occurring among older adults; and

Whereas, many falls are preventable when education, awareness, and interventions are put in place; and

Whereas, the nationally recognized evidence-based A Matter of Balance and Tai Chi for Arthritis and Fall Prevention programs are sponsored by the Sonoma County Area Agency on Aging with partner agencies and volunteers to raise older adults' confidence about their balance and increase their activity levels to reduce risk of falls; and

Whereas, since A Matter of Balance began in Sonoma County in 2005 and Tai Chi for Arthritis and Fall Prevention was introduced in 2025, nearly 2,000 older adults have participated in classes taught throughout the county, delivered by a group of over 160 volunteer coaches over the past 20 years; and

Whereas, the Human Services Adult and Aging Division's long-term supportive services and case management programs, its Aging and Disability Resource Hub, and the Area Agency on Aging have helped hundreds of older adults and individuals with disabilities of all ages increase their awareness of fall risks, gain access to fall prevention goods and services, and empowered them to live more fully and without fear; and

Whereas, injuries from falls are a community health issue with many organizations, health care providers, and individuals working to raise awareness, provide resources to prevent falls, and help those who suffer from complications from falls; and

Whereas, the first day of fall, September 22, 2025 has been declared National Falls Prevention Awareness Day; and

Whereas, by legislative resolution in 2008, California has established the first week of fall as Falls Prevention Awareness Week;

Now, Therefore, Be It Resolved that the week of September 22, 2025 is proclaimed as Falls Prevention Awareness Week in Sonoma County.

Supervisors:

Hermosillo:

Rabbitt:

Coursey:

Gore:

Hopkins:

Ayes:

Noes:

Absent:

Abstain:

So Ordered.