



County of Sonoma

State of California

Date: September 17, 2019

Item Number: _____

Resolution Number: _____

4/5 Vote Required

**Resolution Of The Board Of Supervisors Of The County Of Sonoma, State Of California,
Proclaiming September 23-29, 2019, as Falls Prevention Awareness Week in Sonoma County.**

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

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

Whereas, the nationally ranked evidence-based A Matter of Balance program is sponsored by the Sonoma County Area Agency on Aging with partner agencies and trained 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, approximately 1,600 older adults have participated in classes taught throughout the county, 162 sessions have been provided by 24 volunteer coaches, serving 195 older adults in Fiscal Year 2018-19; and

Whereas, the nationally recognized evidence-based Bingocize program was launched as a pilot program in May 2019 by the Sonoma County Area Agency on Aging with partner agencies to raise older adults' confidence about their balance and increase their activity levels to reduce risk of falls; and

Whereas, since the 4-week Bingocize pilot session began in Sonoma County in May

2019, approximately 70 older adults have participated in 9 Bingocize sessions taught throughout the county, primarily at locations serving low-income seniors; and

Whereas, injuries from falls are a community health problem with many organizations, agencies, 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 23, 2019, has been declared National Falls Prevention Awareness Day; and

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

Now, Therefore, Be It Resolved that the week of September 23-29, 2019, is proclaimed as Falls Prevention Awareness Week in Sonoma County.

Supervisors:

Gorin:

Zane:

Gore:

Hopkins:

Rabbitt:

Ayes:

Noes:

Absent:

Abstain:

So Ordered.