



County of Sonoma

State of California

Date: September 17, 2024

Item Number: _____

Resolution Number: 24-_____

4/5 Vote Required

**Resolution Of The Board Of Supervisors Of The County Of Sonoma, State Of California,
Proclaiming September 23–27, 2024, 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 program is 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, approximately 1,880 older adults have participated in classes taught throughout the county, delivered by a group of over 150 volunteer coaches over the years, with an inaugural class in Spanish offered in 2023; and

Whereas, the Sonoma County Area Agency on Aging has participated in the California Dignity at Home Fall Prevention program since 2020, helping over 215 older adults and individuals with disabilities of all ages increase their awareness of fall risks, gain access to fall prevention goods and services, and empowering 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, 2024 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 23, 2024 is proclaimed as Falls Prevention Awareness Week in Sonoma County.

Supervisors:

Gorin:

Coursey:

Gore:

Hopkins:

Rabbit:

Ayes:

Noes:

Absent:

Abstain:

So Ordered.