



County of Sonoma

State of California

Date: September 13, 2022

Item Number: _____

Resolution Number: _____

☐ 4/5 Vote Required

**Resolution Of The Board Of Supervisors Of The County Of Sonoma, State Of California,
Proclaiming September 18–24, 2022, 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 recognized 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 1,825 older adults have participated in classes taught throughout the county, delivered by a cadre of over 140 volunteer coaches over the years; and

Whereas, the Fall Prevention and Better Balance virtual series, developed and delivered by local A Matter of Balance volunteer Master Trainers in 2021 to enable older adults access to this vital information from the convenience of their own home, reaching nearly 30 older adults last year under the auspices of the Sonoma County Area Agency on Aging during a time of increased isolation due to the pandemic; and

Whereas, the Sonoma County Area Agency on Aging has participated in the California Dignity at Home Fall Prevention program since 2020, helping over 100 older adults and individuals with disabilities of all ages increase their awareness of fall risks, gain access to fall prevention goods and services, and empower them to live more fully and without fear; and

Whereas, injuries from falls are a community health issue 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 18, 2022, 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 18-24, 2022 is proclaimed as Falls Prevention Awareness Week in Sonoma County.

Supervisors:

Gorin:

Rabbitt:

Coursey:

Hopkins:

Gore:

Ayes:

Noes:

Absent:

Abstain:

So Ordered.