



## *Proclamation*

### **Falls Prevention Awareness Week**

**WHEREAS**, it is estimated that fifteen percent of Clay County citizens are 65 years of age or older; and

**WHEREAS**, it is estimated that one out of every three people 65 and older will fall each year; and

**WHEREAS**, in Clay County there were 1,728 injuries from falls reported last year; and

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

**WHEREAS**, falls are the most common cause of a traumatic brain injury among adults 65 years of age or older; and

**WHEREAS**, falls can lead to depression, loss of mobility and loss of functional independence; and

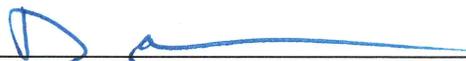
**WHEREAS**, injuries from falls are largely preventable through evidence-based methods, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards and fall prevention education.

**NOW, THEREFORE**, I, Damien Boley, Mayor of the City of Smithville do hereby proclaim September 23-29, 2024

### **Falls Prevention Awareness Week**

In Smithville, and I urge all the people in our community to join me in this special observance.

Signed this 24<sup>th</sup> day of September, 2024

By   
Damien Boley, Mayor