

## State of South Dakota Office of the Governor

Whereas, it is estimated that 18.2% of South Dakotans are 65 years of age or older, and one fourth of these older adults will fall each year; and,

Whereas, one out of five falls causes a serious injury such as broken bones or a head injury. Falls are the leading cause of both fatal and nonfatal injuries among older adults in the United States; and,

*Whereas*, in 2022, the South Dakota Department of Health listed unintentional falls as a primary cause of death for older adults. There were 197 deaths,1662 hospitalizations, and 7,253 emergency department visits, accounting for 34% of fatal traumatic brain injuries. The average hospitalization cost was \$45,397; and,

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

Whereas, injuries from falls are largely a preventable community health problem; and,

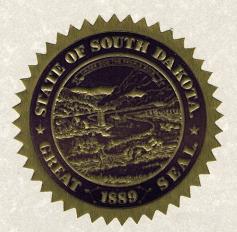
*Whereas*, evidence-based programs aim to reduce falls by utilizing cost-effective strategies, such as exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and falls prevention education; and,

Whereas, the South Dakota Falls Prevention Coalition is working to increase awareness of this issue, promote multidisciplinary strategies to prevent falls, and encourage all to implement measures to protect those who are at increased risk of falling;

Now, Therefore, I, Kristi Noem, Governor of the State of South Dakota, do hereby proclaim the week of September 23, 2024, as

## FALLS PREVENTION AWARENESS WEEK

in South Dakota and urge our citizens to commend its observance.



*In Witness Whereof*, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Twentieth Day of September in the Year of Our Lord, Two Thousand and Twenty-Four.

Kristi Noem, Governor

Attest:

Monae L. Johnson, Secretary of State