

# State of South Carolina

## Governor's Proclamation

WHEREAS, approximately 15.2 percent of South Carolinians are 65 years of age or older; and

WHEREAS, falls are a common cause of injury and death among the older population, with 2 out of 10 admissions to trauma centers attributed to patients aged 65 and over with fall-related injuries; and

WHEREAS, while falls have many contributing factors including age, gender, history of falling, prior health conditions, physical limitations, environment, medications, and alcohol use, falling is not a natural part of aging, and most falls can be prevented; and

WHEREAS, older adults can reduce their risk of falling by exercising, knowing the side effects of their medications, having their vision checked, wearing proper shoes, and improving the lighting both inside and outside of their homes; and

WHEREAS, the Trauma Association of South Carolina and the South Carolina Lieutenant Governor's Office on Aging are working together in an effort to raise awareness of falls prevention and the availability of evidence-based programs such as Senior Lifestyles & Injury Prevention, Better Choices Better Health, Arthritis Foundation Exercise Program, A Matter of Balance, and other opportunities designed to significantly reduce falls among older adults.

NOW, THEREFORE, I, Nikki R. Haley, Governor of the great State of South Carolina, do hereby proclaim September 22, 2016, as

### FALLS PREVENTION AWARENESS DAY

throughout the state and encourage all South Carolinians to learn more about the risks for falls and strategies to prevent them.



A handwritten signature in cursive script, reading "Nikki R. Haley".

NIKKI R. HALEY  
GOVERNOR  
STATE OF SOUTH CAROLINA