Designating September 22, 2013, as “National Falls Prevention Awareness Day” to raise awareness and encourage the prevention of falls among older adults.

WHEREAS older adults, 65 years of age and older, are the fastest-growing segment of the population in the United States, and the number of older adults in the United States will increase from 35,000,000 in 2000 to 72,100,000 in 2030;

WHEREAS 1 out of 3 older adults in the United States falls each year;

WHEREAS falls are the leading cause of death and hospital admissions for injuries among older adults;
Whereas, in 2010, approximately 2,300,000 older adults were treated in hospital emergency departments for fall-related injuries, and more than 650,000 were subsequently hospitalized;

Whereas, in 2010, more than 21,000 older adults died from injuries related to unintentional falls;

Whereas the total annual medical cost of fall-related injuries for older adults is estimated at $30,000,000,000;

Whereas the Centers for Disease Control and Prevention estimate that if the rate of increase in falls is not slowed, the total annual medical cost of fall-related injuries for older adults will reach $59,600,000,000 by 2020; and

Whereas evidence-based programs show promise in reducing falls by utilizing cost-effective strategies, such as comprehensive clinical assessments, exercise programs to improve balance and health, medication management, vision correction, and reduction of home hazards: Now, therefore, be it

Resolved, That the Senate—

(1) designates September 22, 2013, as “National Falls Prevention Awareness Day”;

(2) recognizes that there are proven, cost-effective falls prevention programs and policies;

(3) commends the Falls Free Coalition and the falls prevention coalitions in 42 States and the District of Columbia for their efforts to work together to increase education and awareness about the prevention of falls among older adults;
(4) encourages businesses, individuals, Federal, State, and local governments, the public health community, and health care providers to work together to raise awareness of falls in an effort to reduce the incidence of falls among older adults in the United States;

(5) urges the Centers for Disease Control and Prevention to continue developing and evaluating interventions to prevent falls among older adults that will translate into effective community-based falls prevention programs;

(6) urges the Administration for Community Living, the Centers for Disease Control and Prevention, and associated partners to continue to promote evidence-based programs and services in communities in the United States to reduce the number of older adults at risk for falls;

(7) encourages State health departments, which provide significant leadership in reducing injuries and injury-related health care costs by collaborating with organizations and individuals, to reduce falls among older adults; and
(8) encourages experts in the field of falls prevention to share their best practices so that their success can be replicated by others.