

Office of the Mayor
Fairbanks North Star Borough
Alaska
Proclamation

WHEREAS, it is estimated that 21 percent of Fairbanks North Star Borough citizens are 60 years of age or older, and 4 percent are 80 years of age or older; and

WHEREAS, Fairbanks North Star Borough has many months of snow and ice, increasing the likelihood of falling accidents; and

WHEREAS, 36% of respondents in a Fairbanks survey have fallen at least once in a six-month period; and

WHEREAS, falls are the leading cause of both fatal and non-fatal injuries among older adults in the United States; and

WHEREAS, one out of five falls causes a serious injury such as broken bones or a head injury; and

WHEREAS, the total medical costs of older adult falls in Alaska in 2014 was \$48,000,000; and

WHEREAS, falls can lead to depression, loss of mobility, and loss of functional independence and are largely preventable; and

WHEREAS, fall prevention is important, and community-based programs 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 fall prevention education:


WHEREAS, Aging at Home Fairbanks is working to increase awareness of this issue, promote multi-disciplinary strategies to prevent falls, and encourage Fairbanks North Star Borough citizens to take steps to protect those who are at increased risk of falling.


NOW, THEREFORE, I Bryce Ward, Mayor of the Fairbanks North Star Borough, and I, Jim Matherly, Mayor of the City of Fairbanks, and I, Michael Welch, Mayor of the City of North Pole, by virtue of the authority vested in us, do hereby recognize September 20th – 24th, 2021 as


“Falls Prevention Awareness Week”

We encourage all citizens to take the steps to help older loved ones reduce their risk of a fall and to speak openly with a health care provider who can assess their risk and find ways to keep them healthy and independent as long as possible.

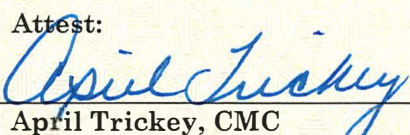
IN WITNESS WHEREOF, we have hereunto set our hands on this 15th day of September 2021.


Bryce Ward, Mayor
Fairbanks North Star
Borough


Jim Matherly, Mayor
City of Fairbanks


Michael Welch, Mayor
City of North Pole



Attest:

April Trickey, CMC
Borough Clerk