

# STATE OF ALASKA



## *Executive Proclamation* *by* *Sean Parnell, Governor*

WHEREAS, Alaska is home to roughly 49,500 citizens over the age of 65, comprising more than seven percent of our state's population; and

WHEREAS, it is estimated that one-third of Alaska's residents over the age of 65, and half over the age of 80, will fall each year; and

WHEREAS, accidental falls are the number one injury to Alaskans 65 years of age and older, and can result in brain injuries or hip fractures that necessitate admission to a long-term care facility; and

WHEREAS, the Alaska Trauma Registry records that from 2002 to 2006, Alaska's seniors suffered 2,894 injuries from falls great enough to result in hospitalization; and

WHEREAS, Alaska seniors are approximately 16 percent more likely to be hospitalized from a fall than seniors around the country; and

WHEREAS, falling and the fear of falling can lead to depression, loss of mobility, and loss of functional independence in senior citizens; and

WHEREAS, many falls can be prevented; and

WHEREAS, communities can help reduce risk factors for our elderly by keeping sidewalks free of snow and ice, and by offering education, home modification, and exercise programs to improve the strength and balance of Alaska's seniors; and

WHEREAS, Alaska has the opportunity to improve and protect the well-being of our citizens by working to prevent falls and reduce injuries;

NOW, THEREFORE, I, Sean Parnell, Governor of the State of Alaska, do hereby proclaim September 21-27, 2009 as:

### *Senior Fall Prevention Week*

in Alaska, and encourage all citizens to help reduce the number of injuries associated with falls by recognizing and resolving hazardous environments for Alaska seniors.

Dated: August 31, 2009



A handwritten signature in blue ink that reads "Sean Parnell".

*Sean Parnell, Governor*  
*who has also authorized the*  
*seal of the State of Alaska to*  
*be affixed to this proclamation.*