



STATE OF TEXAS
OFFICE OF THE GOVERNOR

In the Lone Star State, we are proud of the older Texans who have helped shape our state and contribute to our rich culture and history. These adults ages 65 and older represent more than 12 percent of the Texas population. Unfortunately, more than one in four older adults in the United States will suffer from a fall, the leading cause of fatal and nonfatal injuries among older adults. Falls are costly, and can negatively impact a person's independence and quality of life. Annually, over three million older adults are treated in emergency departments, and more than 800,000 are hospitalized due to a fall-related injury.

Fortunately, evidence-based programs can reduce older adults' risk of falls and fall related injuries by encouraging them to engage in exercises that improve balance and strength, manage their medications, check their vision, and reduce in-home hazards. By taking certain precautions and staying diligent, falling does not have to be a normal part of aging, and we can ensure that older Texans can live their golden years successfully.

The Lone Star State is home to several great resources that educate and provide programs to reduce the risk of falls. The Texas Active for Life Coalition increases awareness by promoting multi-component strategies to encourage older Texans to take steps to reduce their fall risk. Additionally, The Texas Health and Human Services "Texercise" initiative encourages older Texans to engage in physical activity and maintain a balanced diet, and also offers programs to implement assistance in adopting healthy lifestyle behaviors.

At this time, I invite all Texans to learn more about what they can do to prevent falls. Through education, planning, and care, we can minimize risks to improve the health, safety, and well-being of Texans who are older.


Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim September 20-24, 2021, to be

Falls Prevention Awareness Week



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 19th day of August, 2021.


Governor of Texas