
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 446 Session of
2014

INTRODUCED BY VULAKOVICH, WASHINGTON, BAKER, DINNIMAN, ERICKSON,
FERLO, FONTANA, GREENLEAF, HUGHES, KASUNIC, PILEGGI,
RAFFERTY, SMITH, STACK, TARTAGLIONE AND WOZNIAK,
SEPTEMBER 16, 2014

INTRODUCED AND ADOPTED, SEPTEMBER 16, 2014

A RESOLUTION

1 Recognizing September 23, 2014, as "National Falls Prevention
2 Awareness Day" in Pennsylvania.

3 WHEREAS, Pennsylvania has nearly 2.7 million residents who
4 are 60 years of age or older, which is the fifth highest senior
5 citizen population in the nation; and

6 WHEREAS, By the year 2030, more than 3.6 million residents of
7 this Commonwealth will be 60 years of age or older; and

8 WHEREAS, Falls are the leading cause of injury-related deaths
9 among people who are 65 years of age or older; and

10 WHEREAS, Every six hours a senior dies following a fall, and
11 every week approximately 27 older residents of this Commonwealth
12 die from fall-related injuries; and

13 WHEREAS, Every ten minutes, an older resident of this
14 Commonwealth is hospitalized due to a fall-related injury; and

15 WHEREAS, More than \$3.39 billion was expended in 2012 for
16 fall-related hospitalizations in this Commonwealth among people
17 65 years of age or older, with the average cost for a fall-

1 related hospitalization being \$50,196; and

2 WHEREAS, Falls are the most common cause of injuries, which
3 include hip fractures and head traumas, for older adults and can
4 increase the risk of early death; and

5 WHEREAS, Nationally, it costs more than \$19 billion each year
6 to treat injuries from falls, with the average hospitalization
7 for a fall costing \$17,500; and

8 WHEREAS, By 2020 the annual cost for fall-related injuries is
9 expected to reach \$54.9 billion; and

10 WHEREAS, One out of three people who are 65 years of age or
11 older falls at least once a year, with most falls occurring in
12 residences while people are performing their regular daily
13 activities; and

14 WHEREAS, Almost 50% of older adults who enter nursing homes
15 do so because of falls; and

16 WHEREAS, Falls are a threat to the health and independence of
17 older adults and can significantly limit their ability to remain
18 self-sufficient; and

19 WHEREAS, Falls are health risks that are largely preventable,
20 and decreasing the incidence of falls will improve the
21 socialization and functioning of older adults who have
22 previously fallen and fear falling again; and

23 WHEREAS, The United States Preventive Services Task Force
24 recommends exercise or physical therapy and vitamin D
25 supplementation to prevent falls in community-dwelling adults 65
26 years of age or older who are at increased risk for falls; and

27 WHEREAS, The United States Department of Health and Human
28 Services recommends older adults engage in at least 150 minutes
29 of moderate intensity aerobic physical activity or 75 minutes of
30 vigorous intensity aerobic physical activity per week as well as

1 muscle-strengthening activities twice per week; and

2 WHEREAS, The United States Department of Health and Human
3 Services also recommends that older adults at risk of falling
4 due to a recent fall, or who have difficulty walking, engage in
5 balance-training activities three or more days per week; and

6 WHEREAS, Although evidence does not support routinely
7 performing an in-depth risk assessment for all adults 65 years
8 of age or older, such assessments should be considered for older
9 adults who have had one fall in the past year, have gait or
10 balance problems or present with an acute fall; and

11 WHEREAS, As the chance of falling increases with age, there
12 is likely to be an increase in fall-related hospitalizations as
13 this Commonwealth's aging population increases; therefore be it

14 RESOLVED, That the Senate recognize September 23, 2014, as
15 "National Falls Prevention Awareness Day" in Pennsylvania.