
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 456 Session of
2019

INTRODUCED BY FARRY, SAMUELSON, MURT, DIGIROLAMO, BIZZARRO,
SCHMITT, MILLARD, LONGIETTI, POLINCHOCK, YOUNGBLOOD, KORTZ,
HILL-EVANS, BURNS, SONNEY, READSHAW, MOUL, KIRKLAND, MADDEN,
McCLINTON, CALTAGIRONE, SAYLOR, GAYDOS, DeLUCA, SAINATO,
NEILSON, SCHLEGEL CULVER AND KIM, SEPTEMBER 3, 2019

REFERRED TO COMMITTEE ON AGING AND OLDER ADULT SERVICES,
SEPTEMBER 3, 2019

A RESOLUTION

1 Recognizing September 23, 2019, as "National Falls Prevention
2 Awareness Day" in Pennsylvania.

3 WHEREAS, As of 2016, Pennsylvania has more than 2.2 million
4 residents who are 65 years of age or older, which represents
5 17.4% of Pennsylvania's total population, ranking Pennsylvania
6 the fifth highest senior citizen population in the nation; and

7 WHEREAS, By the year 2040, it is estimated that more than 3.8
8 million Pennsylvanians will be 65 years of age or older; and

9 WHEREAS, In the United States, falls are the leading cause of
10 injury-related deaths among people who are 65 years of age or
11 older; and

12 WHEREAS, Every six hours a senior citizen dies following a
13 fall, and every week approximately 30 older Pennsylvanians die
14 from fall-related injuries; and

15 WHEREAS, Every 11 minutes an older Pennsylvanian is
16 hospitalized due to a fall-related injury; and

1 WHEREAS, In 2016, the number of Pennsylvanians 65 years of
2 age or older who had fallen was approximately 2,385 per 100,000
3 of the population; and

4 WHEREAS, In 2017, the costs for fall-related hospitalizations
5 in Pennsylvania among people 65 years of age or older totaled
6 more than \$3.37 billion, with an average cost for a fall-related
7 hospitalization being \$61,211; and

8 WHEREAS, Falls are the most common cause of injuries,
9 including hip fractures and head traumas, for older adults and
10 can increase the risk of early death; and

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

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

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

21 WHEREAS, The Department of Aging's evidence-based programs,
22 Healthy Steps for Older Adults, has reduced medical costs by an
23 average of \$840 for each participant and Healthy Steps in Motion
24 has reduced fall incidents by approximately 28%; and

25 WHEREAS, Research shows that the evidence-based program A
26 Matter of Balance, promoted by the Department of Health, has
27 reduced medical costs by nearly \$1,000 a year for each
28 participant; and

29 WHEREAS, The United States Preventive Services Task Force
30 recommends exercise or physical therapy and vitamin D

1 supplementation to prevent falls in community-dwelling adults 65
2 years of age or older who are at increased risk for falls; and

3 WHEREAS, The United States Department of Health and Human
4 Services recommends that older adults get at least 150 minutes
5 of moderate-intensity, or 75 minutes of vigorous-intensity,
6 aerobic physical activity per week and engage in muscle-
7 strengthening activities twice per week; and

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

12 WHEREAS, The Centers for Medicare and Medicaid Services
13 requires Medicare recipients to receive a health care risk
14 assessment during their annual wellness visit which includes
15 fall risk and, if needed, be referred to counseling on falls
16 prevention; and

17 WHEREAS, As the chance of falling increases with age, there
18 is likely to be a higher rate of fall-related hospitalizations
19 as this Commonwealth's aging population grows; therefore be it

20 RESOLVED, That the House of Representatives recognize
21 September 23, 2019, as "National Falls Prevention Awareness Day"
22 in Pennsylvania.