

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 447 Session of
2013

INTRODUCED BY FARRY, HENNESSEY, BAKER, NEILSON, COHEN, VEREB,
DIGIROLAMO, KILLION, MILLARD, SONNEY, CALTAGIRONE,
SCHLOSSBERG, ROSS, BROWNLEE, HARHART, SCHLEGEL CULVER,
SAMUELSON, KINSEY, ROCK, GILLESPIE, PICKETT, MAJOR,
YOUNGBLOOD, WATSON, MURT, GINGRICH AND KIRKLAND,
SEPTEMBER 23, 2013

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
SEPTEMBER 23, 2013

A RESOLUTION

1 Recognizing September 22, 2013, 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
7 Pennsylvanians 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 Pennsylvanians die from fall-
12 related injuries; and

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

15 WHEREAS, It cost more than \$2.55 billion in 2011 for fall-

1 related hospitalizations in Pennsylvania among people ages 65
2 years and older, with the average cost for a fall-related
3 hospitalization being \$47,842; and

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

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

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

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

15 WHEREAS, Almost 50% of older adults who enter nursing homes
16 do so because of a fall; and

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

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

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

28 WHEREAS, The United States Department of Health and Human
29 Services recommends older adults get at least 150 minutes of
30 moderate intensity or 75 minutes of vigorous intensity aerobic

1 physical activity per week and engage in muscle-strengthening
2 activities twice per week; and

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

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

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

15 RESOLVED, That the House of Representatives recognize
16 September 22, 2013, as "National Falls Prevention Awareness Day"
17 in Pennsylvania.