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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 483 Session of  
2017

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INTRODUCED BY FARRY, SAMUELSON, PICKETT, BIZZARRO, DRISCOLL,  
MACKENZIE, TOOHIL, DAY, ROTHMAN, NEILSON, DIGIROLAMO,  
SCHLEGEL CULVER, LEWIS, RYAN, MURT, READSHAW, PHILLIPS-HILL,  
WARD, LONGIETTI, BAKER, WARREN, CHARLTON, MILLARD,  
CALTAGIRONE, D. COSTA, MEHAFFIE, O'BRIEN, V. BROWN, SONNEY,  
DUSH, MARSICO, KINSEY, VAZQUEZ AND WATSON, SEPTEMBER 11, 2017

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
SEPTEMBER 11, 2017

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A RESOLUTION

1 Recognizing September 22, 2017, as "National Falls Prevention  
2 Awareness Day" in Pennsylvania.

3 WHEREAS, Pennsylvania has more than 3 million residents who  
4 are 60 years of age or older, which represents 24% of  
5 Pennsylvania's total population, ranking Pennsylvania the fifth  
6 highest senior citizen population in the nation; and

7 WHEREAS, By the year 2040, more than 3.8 million  
8 Pennsylvanians will be 60 years of age or older; and

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

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

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

1       WHEREAS, It cost more than \$2.7 billion in 2014 for fall-  
2 related hospitalizations in Pennsylvania among people 65 years  
3 of age or older, with an average cost for a fall-related  
4 hospitalization being \$58,529; and

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

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

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

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

18       WHEREAS, The Department of Aging's evidence-based program,  
19 Healthy Steps for Older Adults, has reduced medical costs by an  
20 average of \$840 for each participant; and

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

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

29       WHEREAS, The United States Department of Health and Human  
30 Services recommends that older adults get at least 150 minutes

1 of moderate-intensity, or 75 minutes of vigorous-intensity,  
2 aerobic physical activity per week and engage in muscle-  
3 strengthening activities twice per week; and

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

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

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

16 RESOLVED, That the House of Representatives recognize  
17 September 22, 2017, as "National Falls Prevention Awareness Day"  
18 in Pennsylvania.