
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 1054 Session of
2018

INTRODUCED BY FARRY, SAMUELSON, READSHAW, DIGIROLAMO, BIZZARRO,
NEILSON, DUSH, SONNEY, HENNESSEY, KINSEY, MACKENZIE, HILL-
EVANS, BURNS, WARD, LONGIETTI, JAMES, SAINATO, RYAN,
DRISCOLL, SCHLOSSBERG, MILLARD, PHILLIPS-HILL, MARSICO, MURT
AND WATSON, SEPTEMBER 17, 2018

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
SEPTEMBER 17, 2018

A RESOLUTION

1 Recognizing September 22, 2018, as "National Falls Prevention
2 Awareness Day" in Pennsylvania.

3 WHEREAS, As of 2015, Pennsylvania has more than 3 million
4 residents who are 60 years of age or older, which represents 24%
5 of Pennsylvania's total population, ranking Pennsylvania the
6 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 60 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 2014, the costs for fall-related hospitalizations
2 in Pennsylvania among people 65 years of age or older totaled
3 more than \$2.7 million, 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 Pennsylvania Department of Aging's evidence-
19 based programs, Healthy Steps for Older Adults, has reduced
20 medical costs by an average of \$840 for each participant and
21 Health Steps in Motion has reduced fall incidents by
22 approximately 28%; and

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

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

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

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

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

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

18 RESOLVED, That the House of Representatives recognize
19 September 22, 2018, as "National Falls Prevention Awareness Day"
20 in Pennsylvania.