

**STATE OF ARKANSAS**  
**EXECUTIVE DEPARTMENT**

**PROCLAMATION**

TO ALL TO WHOM THESE PRESENTS COME – GREETINGS:

WHEREAS: According to the World Health Organization, 28-35% of older adults fall annually. The safety and well-being of older adults in the United States, and in Arkansas, remains a priority; and

WHEREAS: Unfortunately, the rate of falls is not decreasing. In fact, falls are the leading cause of injury deaths for older Arkansans and the most common cause of injuries and hospital admissions; and

WHEREAS: Of those who fall, up to 30% suffer injuries that further reduce mobility and independence. Falls also increase the risk of early deaths; and

WHEREAS: Physical activity has many health benefits and is the evidence-based practice used to prevent falls by improving balance, flexibility, strength, and endurance, as well as reducing the fear of falling; and

WHEREAS: There are multiple evidence-based fall prevention programs available within the state of Arkansas; and

WHEREAS: Activities such as Tai Chi can help people with arthritis improve balance, both mentally and physically, thus decreasing the rate of falls. Other benefits may include an improvement in relaxation, vitality, posture, and immunity;

NOW, THEREFORE, I, ASA HUTCHINSON, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim September 17<sup>th</sup> through September 23<sup>rd</sup>, 2017 as

**FALLS PREVENTION AWARENESS WEEK**

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 15<sup>th</sup> day of August, in the year of our Lord 2017.



*Asa Hutchinson*

Asa Hutchinson, Governor

Attest

*Mark Martin*

Mark Martin, Secretary Of State