

*The State of New Hampshire
By His Excellency
Christopher T. Sununu, Governor*

A Proclamation

In the year of our Lord Two Thousand and Twenty One

**FALLS PREVENTION AWARENESS WEEK
SEPTEMBER 20-24, 2021**

WHEREAS, it is estimated that 18.7 percent of New Hampshire citizens are 65 years of age or older; and

WHEREAS, falls are the leading cause of fatal and nonfatal injuries for people 65 years of age and older in New Hampshire and nationally, and in 2019, 222 New Hampshire residents over the age of 65 died as a direct result of a fall; and

WHEREAS, falls threaten the safety and independence of senior citizens and generate enormous economic and personal costs, but the number of falls can be substantially reduced through practical lifestyle adjustments; and

WHEREAS, falls are not an inevitable consequence of aging, and senior centers and other community based organizations across New Hampshire are offering proven programs like A Matter of Balance and Tai Ji Quan: Moving for a Better Balance® to help older adults gain strength, improve balance and build confidence to help them live healthier lives and preserve their independence; and

WHEREAS, the NH Falls Task Force joins 50 states and the National Council on Aging and its Free Falls® Coalition in celebrating the 14th annual Falls Prevention Awareness Month by educating older adults about staying strong and maintaining independence;

NOW, THEREFORE, I, CHRISTOPHER T. SUNUNU, GOVERNOR of the State of New Hampshire, do hereby proclaim **SEPTEMBER 20-24, 2021** as **FALLS PREVENTION AWARENESS MONTH** in the State of New Hampshire and call this to the attention of all citizens.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the State of New Hampshire to be affixed this 24th day of August, 2021.

A handwritten signature in blue ink, reading "Clith T. Sununu", written over a horizontal line.

Christopher T. Sununu
Governor