

**MAYOR'S PROCLAMATION
DECLARING SEPTEMBER 23-27, 2024 AS
FALLS PREVENTION AWARENESS WEEK
IN THE CITY OF PFLUGERVILLE**

WHEREAS, falls are the leading cause of fatal and nonfatal injuries among older adults; and

WHEREAS, falls are the most common cause of traumatic brain injuries; and can lead to depression, loss of mobility, and loss of functional independence; and

WHEREAS, the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and

WHEREAS, the fear of falling can cause many older adults to limit their activity level, which leads to reduced mobility and loss of physical fitness, and in turn increases their risk of falling; and

WHEREAS, comprehensive clinical assessments, exercise programs to improve balance and health, management of medications, correction of vision, and reduction of home hazards all help to reduce the occurrence and severity of falls; and

NOW THEREFORE, be it resolved that I, Victor Gonzales, Mayor of the City of Pflugerville, Texas, proclaim Falls Prevention Awareness Week, September 23-27, 2024. During this week, I encourage all residents to support awareness of falls and encourage our residents to commend its observance.

IN OFFICIAL RECOGNITION WHEREOF, I hereby affix my signature this 24th day of September, 2024.

Victor Gonzales, Mayor

Attest:

Trista Evans, City Secretary