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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 480 Session of  
2015

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INTRODUCED BY FARRY, BAKER, HENNESSEY, DIGIROLAMO, KIRKLAND,  
SCHLEGEL CULVER, WATSON, FREEMAN, DUSH, LONGIETTI, SONNEY,  
BOBACK, DRISCOLL, D. COSTA, MURT, MILLARD, KILLION, O'BRIEN,  
READSHAW, HARHART, THOMAS, BISHOP, ROSS, PHILLIPS-HILL,  
WHEELAND, C. PARKER, COHEN, GINGRICH, MAHONEY, PAYNE, MAJOR,  
MARSICO, PETRI, GILLEN, BIZZARRO, DONATUCCI, ZIMMERMAN,  
SCHWEYER AND STURLA, SEPTEMBER 18, 2015

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
SEPTEMBER 18, 2015

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A RESOLUTION

1 Recognizing September 23, 2015, as "National Falls Prevention  
2 Awareness Day" in Pennsylvania.

3 WHEREAS, Pennsylvania has over 2.9 million residents who are  
4 60 years of age or older, which is the fifth highest senior  
5 citizen population in the nation; and

6 WHEREAS, By the year 2030, more than 3.6 million  
7 Pennsylvanians will be 60 years of age or older; and

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

10 WHEREAS, Every seven hours a senior citizen dies following a  
11 fall and every week approximately 26 older Pennsylvanians die  
12 from fall-related injuries; and

13 WHEREAS, Every 12 minutes, an older Pennsylvanian is  
14 hospitalized due to a fall-related injury; and

15 WHEREAS, It cost more than \$2.39 billion in 2013 for fall-

1 related hospitalizations in Pennsylvania among people 65 years  
2 of age or older, with the average cost for a fall-related  
3 hospitalization being \$55,240; and

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

7 WHEREAS, Nationally, it costs more than \$36 billion each year  
8 to treat injuries from falls, with the average hospitalization  
9 for a fall costing \$35,000; and

10 WHEREAS, By 2020, the annual cost for fall-related injuries  
11 is expected to reach \$54.9 billion; and

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

15 WHEREAS, Almost 50% of older adults who enter nursing homes  
16 do so because of a fall; and

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

20 WHEREAS, Falls are health risks that are largely preventable  
21 and decreasing the incidence of falls will improve the  
22 socialization and functioning of older adults who have  
23 previously fallen and fear falling again; and

24 WHEREAS, Evidence shows that the research-based program A  
25 Matter of Balance has reduced medical costs by nearly \$1,000 a  
26 year for each 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 older adults get at least 150 minutes of  
3 moderate-intensity, or 75 minutes of vigorous-intensity, aerobic  
4 physical activity per week and engage in muscle-strengthening  
5 activities twice per week; and

6       WHEREAS, The United States Department of Health and Human  
7 Services also recommends that older adults at risk of falling  
8 due to a recent fall or who have difficulty walking engage in  
9 balance-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, such 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 an increase in fall-related hospitalizations as  
17 this Commonwealth's aging population increases; therefore be it

18       RESOLVED, That the House of Representatives recognize  
19 September 23, 2015, as "National Falls Prevention Awareness Day"  
20 in Pennsylvania.