

# City of Rochester



- WHEREAS,** falls are the leading cause of injuries requiring hospitalization or treatment and injury related deaths in Rochester, with the vast majority of these occurring among older residents; and
- WHEREAS,** falls contribute significantly to depression, loss of mobility, and loss of functional independence among older adults; and
- WHEREAS,** Minnesota has the fourth highest death rate for unintentional falls in the United States; and
- WHEREAS,** factors contributing to falls include decreased lower body strength, balance, and endurance, complications from chronic conditions, use of medications, reduced vision; and unsafe home and community conditions; and
- WHEREAS,** many falls and injuries from falls can be prevented; and
- WHEREAS,** injuries from falls are a community health problem with many organizations, agencies, health care providers, and individuals working to raise awareness, commission research, and provide resources to prevent falls and help those who suffer from complications from falls; and
- WHEREAS,** raising awareness of falls prevention efforts and strategies is in the best interest of older adults and others at risk of falling, their families, friends and caregivers.
- NOW  
THEREFORE,** **BE IT RESOLVED,** that I, Kim Norton, Mayor of the City of Rochester do hereby proclaim September 19-23 as

## **Fall Prevention Awareness Week**

in the City of Rochester.

**IN WITNESS WHEREOF,** I have hereunto set my hand and caused the corporate seal of the City of Rochester to be affixed this 19th day of September, 2022.

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Kim Norton, Mayor