



MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: 8/18/11)

Board Clerk Use Only

Meeting Date:	<u>9/20/12</u>
Agenda Item #:	<u>R.3</u>
Est. Start Time:	<u>10:00 am</u>
Date Submitted:	<u>9-12-12</u>

Agenda Title: PROCLAMATION Declaring National Falls Prevention Awareness Day on September 22nd, 2012. Sponsors: Commissioner Shprack and Commissioner Smith.

Note: If Ordinance, Resolution, Order or Proclamation, provide exact title. For all other submissions, provide a clearly written title sufficient to describe the action requested.

Requested

Meeting Date:	<u>September 20, 2012</u>	Time Needed:	<u>15 minutes</u>
Department:	<u>Non-Departmental</u>	Division:	<u>District 2/District 3</u>
Contact(s):	<u>Paige Hendrix, Allyson Spencer</u>		
	<u>503-988-6763</u>		
Phone:	<u>503-988-5126</u>	Ext.	<u> </u>
		I/O Address:	<u>503/6</u>
Presenter Name(s) & Title(s):	<u>Presenters: Lisa Shields, State Falls Prevention Coordinator, Oregon Health Authority & Invited Guests</u>		

General Information

1. What action are you requesting from the Board?

Adoption of the proclamation naming September 22, 2012 Falls Prevention Awareness Day in Multnomah County.

2. Please provide sufficient background information for the Board and the public to understand this issue. Please note which Program Offer this action affects and how it impacts the results.

Falls are the leading cause of injury related hospital emergency room visits for older adults, the major cause of hip fractures and are responsible for over half of fatal head injuries. Each year, nearly 500 deaths and 8,600 hospitalizations in Oregon are due to unintentional falls. A substantial number of these incidents occur in Multnomah County due to the size of its older adult population, which is increasing rapidly as baby boomers age.

Research highlights that a combination of strategies can significantly reduce the risk of falls. One such strategy is practicing Tai Chi. Jim Dalton, a Moving for Better Balance instructor, will demonstrate these movements with some of this students.

In issuing this proclamation, Multnomah County is supporting older adults' efforts to gain strength, improve balance, and build the confidence they need to age in a healthy way and

remain independent.

3. Explain the fiscal impact (current year and ongoing).

n/a

4. Explain any legal and/or policy issues involved.

n/a

5. Explain any citizen and/or other government participation that has or will take place.

According to the National Council on Aging, 46 states, The District of Columbia and Puerto Rico are planning to participate in the Fifth Annual Falls Prevention Awareness Day on September 22, 2012. This year's theme is "Standing Together to Prevent Falls". Locally, Aging and Disability Services and the Oregon Health Authority are planning an event for National Falls Prevention Awareness Day at Legacy Emanuel Medical Center on Saturday, September 22, 2012.

Required Signature

**Elected
Official or
Department
Director:**

Vice-Chair Loretta Smith /s/

Date:

9-12-12