Proclamation

WHEREAS, more than seventeen percent of New Mexicans are sixty-five years of age and older, and by 2030, New Mexico will rank fourth in the nation in percentage of population sixty-five years of age and older; and

WHEREAS, among New Mexican adults sixty-five years of age and older, one-third have experienced a fall; and

WHEREAS, falls are the leading cause of injury-related death, hospitalizations, and emergency department visits among adults sixty-five years of age and older in New Mexico; and

WHEREAS, the New Mexico Department of Health reports that New Mexico ranks twenty second highest in the nation for fall-related deaths among adults sixty-five years of age and older; and

WHEREAS, falls are not a normal part of aging, and injuries from falls are largely a preventable community health problem; and

WHEREAS, evidence-based intervention programs reduce falls by utilizing cost-effective strategies such as comprehensive clinical assessments, exercise programs to improve balance and strength, medication management, vision improvement, reduction of home hazards, and falls prevention education; and

WHEREAS, the New Mexico Adult Falls Prevention Coalition is working to increase awareness of this issue and encourages all New Mexicans to take steps to reduce modifiable fall risk factors.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of New Mexico, do hereby proclaim September 18 through September 22, 2023 as:

"Falls Prevention Awareness Week"

throughout the state of New Mexico.

Attest:

[Signature]
Mag. Toulouse Oliver
Secretary of State

Done at the Executive Office this 1st day of August 2023.

Witness my hand and the Great Seal of the State of New Mexico.

[Signature]
Michelle Lujan Grisham
Governor