Every year, 3 million older Americans are treated in emergency rooms for falls. Falls can involve hip fractures and brain injuries, both of which can have serious complications in seniors.

The mission of Arizona Falls Prevention Coalition (AFPC) is to reduce the risk of falls in Arizona through education, outreach, evaluation, and advocacy. This coalition uses evidence-based approaches to prevent falls, like encouraging the practice of tai chi and yoga, coupled with balance and flexibility workshops. All these classes focus on making seniors stronger and less afraid of falling. The AFPC adapted to the COVID-19 crisis and began offering fall prevention workshops virtually, reaching even more seniors in our community who are at risk of falling.

This month, the coalition has joined with fire departments, emergency medical services, hospitals, and Veteran communities to generate awareness of the impacts of falls. They have continuously supported seniors and vulnerable populations, even providing resources during the pandemic. Their tireless fall prevention advocacy makes life safer for those at risk.

NOW, THEREFORE, I, KATE GALLEG, Mayor of the City of Phoenix, Arizona, in accordance with the law, do hereby proclaim September 22, 2021, as

AZ FALLS PREVENTION DAY

in the City of Phoenix and ask each resident to join me in spreading awareness about the impact of a fall, as well recognizing this important day.

Mayor Kate Gallego
City of Phoenix