



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

# 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:*

*Maggie Toulouse Oliver*  
Maggie 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.*

*Michelle Lujan Grisham*  
Michelle Lujan Grisham  
Governor

