



Proclamation

From the Governor of the State of Maryland

**FALLS PREVENTION AWARENESS WEEK
SEPTEMBER 22-26, 2025**

WHEREAS, Maryland is home to more than 1 million people over the age of 65, making up 17.3 percent of the state's population last year; and
WHEREAS, Maryland's population of citizens over the age of 65 is expected to grow to over 20% by 2030; and
WHEREAS, One out of five falls causes a serious injury, including five times more deaths from falls than from motor vehicle accidents for Maryland adults over the age of 65 in 2023; and
WHEREAS, A primary goal of the Longevity Ready Maryland multisector plan for aging is to optimize health, wellness, and mobility by improving equitable access to holistic health care that addresses physical, behavioral, emotional, and cognitive health; and
WHEREAS, The Maryland Department of Aging has been directed to establish a comprehensive framework of policies and programs that seeks to improve and support the health, well-being, and quality of life of older adults; and
WHEREAS; Maryland's Area Agencies on Aging provide innovative, evidence-based, and cost-effective health promotion programming to support residents as they age, including exercise classes to improve balance and strength, medication management, vision improvement, reduction of home hazards, and fall prevention education; and
WHEREAS, Falls are preventable and not considered a normal part of aging, and Maryland citizens who remain independent, active, and free from fall-related injuries will enjoy a higher quality of life; and
WHEREAS, The Maryland Falls Free Coalition is working to increase awareness, promote multidisciplinary strategies to prevent falls, and encourage citizens to take steps to protect those who are at increased risk of falling.

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim SEPTEMBER 22-26, 2025 as FALLS PREVENTION AWARENESS WEEK in Maryland, and do commend this observation to all of our citizens.



Given Under My Hand and the Great Seal of the State of Maryland,
this 22nd day of September
Two Thousand and twenty-five

[Signature]
Governor

[Signature]
Lt. Governor

[Signature]
Secretary of State