



Canada  
Province of British Columbia  
A Proclamation

ELIZABETH THE SECOND, by the Grace of God, of the United Kingdom,  
Canada and Her other Realms and Territories, Queen, Head of the  
Commonwealth, Defender of the Faith

**To all to whom these presents shall come – Greeting**

WHEREAS older British Columbians have helped to build this province, continue to contribute throughout their senior years and are valued and important persons, and

WHEREAS, on an average day, 46 older adults are hospitalized from fall-related injuries, and

WHEREAS injuries from a fall frequently result in disability, chronic pain, loss of independence and a reduced quality of life for many British Columbian seniors, and

WHEREAS treating injuries from falls among seniors costs the British Columbia health care system approximately \$485 million a year, and

WHEREAS falls can often be prevented and are not a normal part of getting older, and

WHEREAS there are proven and effective interventions to preventing falls, including starting a regular exercise program to improve strength and balance; following a healthy diet that includes adequate intake of protein, vitamin D and fluids; having regular vision check-ups to correct any vision problems; having regular reviews of all medications and supplements with a doctor or pharmacist; and making the home safer to reduce trip and slip hazards, and

WHEREAS there is a definite need to educate the public about these interventions, and

WHEREAS the Ministry of Health, all health authorities, other members of the BC Injury Prevention Committee (BCIPC) and partners support the prevention of falls by working with health care professionals, injury prevention experts and the public, and

WHEREAS the BCIPC will, during the second week of November 2019, bring to the public important information about interventions that could help reduce the risk of falls and improve the quality of life;

NOW KNOW YE THAT We do by these presents proclaim and declare that November 4 to 10, 2019, shall be known as

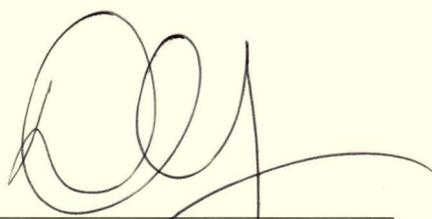
**“Seniors’ Fall Prevention Awareness Week”**

in the Province of British Columbia.

IN TESTIMONY WHEREOF, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

WITNESS, The Honourable Janet Austin, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this ninth day of October, two thousand nineteen and in the sixty-eighth year of Our Reign.

BY COMMAND.



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Attorney General  
(counter signature for the Great Seal)



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Lieutenant Governor