



COUNTY OF SAN DIEGO NEWS RELEASE

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DON'T FALL FOR IT

County Urges Seniors to Visit Web Site for Fall Prevention Tips

How “walkable” is your community? Are sidewalks well-maintained? Do you have enough time to cross the street at traffic lights without the risk of falling down? The death rate from falls among older adults has increased continuously in recent years. Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. Most of these falls are preventable.

The County of San Diego Health and Human Services Agency is working with community partners through the Fall Prevention Task Force, to educate seniors about preventing injuries caused by falls. The task force web site (www.SanDiegoFallPrevention.org) has simple steps you can take to prevent falls, information about home modification, exercise guides, resource information and much more. Fall Prevention Awareness Week, Sept. 20 to 26, is a great time to visit the web site and learn how you can make yourself and your home safer.

The Fall Prevention Task Force is also co-sponsoring a Walkability Audit in East County from 9 a.m. to noon on Saturday, Sept. 26, beginning at Wells Park, 1153 E. Madison Ave., El Cajon. Young people and older adults will take a designated route together, logging any problems that make the area less “walkable”, such as inadequate time to cross a street or broken and deteriorating sidewalks. To participate in the Walkability Audit or for more information, call Tina Munoz at **(858) 495-5998**.

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