

SUFFOLK COUNTY LEGISLATURE

**Steve Stern**

SUFFOLK COUNTY LEGISLATOR  
SIXTEENTH DISTRICT  
1842 E. Jericho Turnpike, Suite P  
HUNTINGTON, NY 11743



**Press Release**

*FOR IMMEDIATE RELEASE*  
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CONTACT: **Deborah Harris**  
LEGISLATIVE AIDE  
OFFICE: 631-854-5100  
deborah.harris@suffolkcountyny.gov

***LEGISLATOR STEVE STERN DECLARES THE FIRST DAY OF FALL  
“FALL PREVENTION AWARENESS DAY” IN SUFFOLK COUNTY***

*Falls are a leading cause of death and disability*

**HUNTINGTON, NY** – Suffolk County Legislator Steve Stern’s legislation declaring the first day of fall, “Fall Prevention Awareness Day” in Suffolk County passed unanimously at the Legislature’s August General Session. Legislator Stern, (D-Huntington, 16<sup>th</sup> L.D.) is Chairman of the Veterans and Seniors Committee.

Each year nearly a third of adults 65 and older experience a fall that leads to injury, death, hospitalization and emergency room visits. Sixty percent of hospitalized seniors are admitted to a nursing home or rehabilitation center after a fall, and factors like aging and prior falls increase the likelihood, risk and severity of a fall injury. Studies show that a combination of interventions, like strength training, vision screening, and home safety measures, can significantly reduce falls in our older adult population.

“I am proud to introduce this resolution in support of ‘Fall Prevention Awareness Day’ in Suffolk County,” Legislator Stern said. “Falls not only have such a devastating impact on our older population, but also on their friends and families. We look not just to designate one day as Fall Prevention Awareness Day, but to continue our effort to raise awareness and advocate for necessary interventions and research.”

The Suffolk County Department of Health Services offers fall prevention services to the community. For more information about falls prevention, education programs or to schedule a class, please contact the Suffolk County Falls Prevention Coordinator at (631) 853-6472.