



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, more than 20 percent of New Mexicans are 65 years of age and older, and by 2030 New Mexico is projected to rank fourth in the nation in the proportion of residents aged 65 and older; and

WHEREAS, according to recent statewide data, approximately 27.8 percent of New Mexican adults aged 65 and older report experiencing a fall within the past year, a rate that continues to place New Mexico among states with significant fall-related health risks for older adults; and

WHEREAS, comprehensive statewide tracking between 2020 and 2024 confirms that unintentional falls remain the leading cause of injury-related deaths, hospitalizations, and emergency department visits among New Mexicans aged 65 and older, often resulting in traumatic brain injury, hip fracture, loss of independence, and increased risk of premature mortality; and

WHEREAS, through coordinated statewide public health efforts including evidence-based exercise programs, clinical interventions, home-safety modifications, and trauma-center care New Mexico achieved a 40.7 percent reduction in the age-adjusted fall-related death rate among older adults between 2020 and 2024, reducing annual fatalities from 307 to 207; and

WHEREAS, this marked improvement elevated New Mexico's national standing for fall-related death rates, improving from 18th highest in 2020 to 39th highest in 2024, demonstrating the effectiveness of sustained statewide prevention strategies; and

WHEREAS, despite declining mortality, the age-adjusted fall-related hospitalization rate for older adults increased by 10.7 percent from 2020 to 2024, underscoring that serious fall injuries continue to rise and remain an urgent public health concern as New Mexico's older adult population expands; and

WHEREAS, falls are not an inevitable part of aging, and most fall-related injuries are preventable through evidence-based strategies such as strength and balance exercise programs, medication review, annual vision and hearing screenings, and reducing environmental hazards within the home; and

WHEREAS, New Mexico supports multiple evidence-based fall-prevention programs, including Tai Chi for Arthritis, Tai Ji Quan: Moving for Better Balance, A Matter of Balance, Otago, STEADI clinical fall-prevention interventions, and additional movement-based programs proven to improve mobility, balance, flexibility, and confidence among older adults; and

WHEREAS, the New Mexico Department of Health's Adult Falls Prevention Program, together with the New Mexico Adult Falls Prevention Coalition, Tribal aging services programs, and statewide partners, continues to expand fall-prevention education, deliver accessible intervention classes, coordinate fall-risk screenings, strengthen trauma-center care for older adult falls, and promote strategies to reduce modifiable fall-risk factors across all communities; and

WHEREAS, these statewide partners reinforce that preventing falls is essential to maintaining independence, mobility, and quality of life for older New Mexicans, and that proactive fall-prevention efforts at home, in clinical settings, and within communities are vital to meeting the needs of a rapidly aging population.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim September 21st through 25th, 2026, as:

"New Mexico Fall 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
12th day of August 2026.

Witness my hand and the Great Seal
of the State of New Mexico.

Michelle Lujan Grisham
Michelle Lujan Grisham
Governor

