[Date]

Name

Address

***Re: Proclamation Request for Canada’s Fall Prevention Month***

Dear [Name or Title],

I am writing you today to draw your attention to Canada’s **Fall Prevention Month taking place the entire month of November**. Fall prevention Month is [recognized by Health Canada as a national health promotion event](https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html). This year, and every year, the Fall Prevention Month message is that we all have a role to play in fall prevention.

Falls across the lifespan pose a substantive human and economic cost to Canadians. Falls are the leading cause of injury-related deaths and hospitalizations and cost the healthcare system $9.1 billion (direct costs), resulting in 1.5M emergency department visits, 133,017 hospitalizations, 38,848 disabilities and 5,249 deaths.

Every year, between 20 and 30 per cent of older adults experience a fall. From the Public Health Agency of Canada’s 2022 [Surveillance report on falls among older adults in Canada](https://www.canada.ca/en/public-health/services/publications/healthy-living/surveillance-report-falls-older-adults-canada.html), we know that the number of fall-related hospitalizations, the rate of fall-related emergency department visits and the mortality rate due to falls are increasing in Canada. Falls are also the leading cause of hospital admissions and emergency department visits from injury in children ages 0 to 14.

[Optional: provincial or territorial statistics, if available, from the [Fall Prevention Month Fact Bank](https://www.fallpreventionmonth.ca/adults/take-action-adults/promotional-materials/fact-bank)]

With these alarming statistics in mind, I think you would agree, now is the time to prevent falls and fall-related injuries and let Canadians live long lives to the fullest.

This is the ninth year of Fall Prevention Month in Canada. **Fall Prevention Month has witnessed an impressive amount of interest and support.** **Now, more than ever, we hope you will join the growing number of Canadians who are supporting Fall Prevention Month. Your leadership can help save lives.**

**We are asking you to introduce the attached proclamation to officially recognize November as Fall Prevention Month and lend your support to Fall Prevention Month via social and traditional media**.

Please let me know if you will introduce a proclamation and help raise awareness of Fall Prevention Month. Thank you in advance for your leadership in helping all Canadians play a role in fall prevention.

Sincerely,