PROCLAIMING JUNE 13 THROUGH JUNE 19, 2016 AS
MEN’S HEALTH WEEK IN THE CITY OF CHULA VISTA

WHEREAS, despite advances in medical technology and research, men continue to live an average of five years less than women with Native American and African-American men having the lowest life expectancy; and

WHEREAS, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems will result in reducing rates of mortality from disease; and

WHEREAS, men who are educated about the value of preventative health will be more likely to participate in health screening; and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children; and

WHEREAS, Men’s Health Network worked with Congress to develop Men’s Health Week as a special campaign to help educate men, boys and their families about the importance of positive health attitudes and preventative health practices; and

WHEREAS, Chula Vista Men’s Health Week will focus on a broad range of men’s health issues, including heart disease, diabetes, mental health, prostate, testicular and colon cancer; and

WHEREAS, the residents of California are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise and medical check-ups,

NOW, THEREFORE, I, MARY CASILLAS SALAS, 40th Mayor of the City of Chula Vista, together with the City Council, do hereby proclaim June 13 through June 19, 2016 as Men’s Health Week, the week ending Father’s Day and encourage all our residents to pursue preventative health practices and early detection efforts.

Dated this 19th day of June, 2016

Mary Casillas Salas
Mayor of the City of Chula Vista