



State of New York

Executive Chamber

Proclamation

Whereas, the Empire State supports initiatives that raise awareness of health concerns unique to and prevalent among men, and that educate men and their spouses, partners, family members, and friends about the importance of prevention, early detection, and screening; and

Whereas, National Men's Health Week promotes overall wellness among men and boys, particularly focusing on their health concerns and needs; the value of a healthy lifestyle, including exercising routinely, eating a nutritious diet, quitting smoking, limiting alcohol use, getting adequate sleep, and managing stress; and the benefits of early detection and screening of preventable diseases and illnesses; and

Whereas, prevention is key to good health, and men and boys are reminded to have regular health check-ups, to be alert to the symptoms of a potential health problem, and to seek proper medical advice and early treatment for a disease, illness, or injury; and

Whereas, each year, thousands of men die from heart disease; prostate, testicular, colon and other cancers; diabetes; and other health problems – warning signs of these illnesses in their early stages might have been detected through preventive health exams and tests, allowing for appropriate forms of treatment that could have extended many lives; and

Whereas, New Yorkers join to support the worthy goals of National Men's Health Week, celebrated during the week before and culminating with Father's Day, which sends a strong message to men of all ages, reminding them to be vigilant, attentive, and alert when it comes to their health;

Now, Therefore, I, Andrew M. Cuomo, Governor of the State of New York, do hereby proclaim June 13 - 19, 2016 as

MEN'S HEALTH WEEK

in the Empire State.



Given under my hand and the Privy Seal of the State
at the Capitol in the City of Albany this tenth day
of June in the year two thousand sixteen.

Governor

Walter J. Mahon
Secretary to the Governor