



THE NAVAJO NATION

Proclamation

Navajo Nation Men's Health Week

WHEREAS, despite advances in medical technology and treatment, Native American men live significantly shorter lives and suffer higher death rates for many causes compared to their female counterparts or U.S. males overall; and

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

WHEREAS, men who are informed about the value of preventative health and supported in accessing it will be more likely to participate in preventive health screening and treatment; and

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

WHEREAS, Navajo men will preserve the Diné Language, Navajo traditions and culture, Religious beliefs/Ceremony's through Navajo way of life of Ké and Hozho way teachings which reflect Navajo Department of Health Mission "Diné bits'íis, bini'dóó bee iina' bá ábayá" (Taking care of Navajo people's body, mind and life);

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 the Men's Health Week web site has been established at www.menshealthweek.org and features resources, proclamations, and information about awareness events; and

WHEREAS, the Navajo Nation 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, HIV/AIDs, STDs, smokeless tobacco, nutrition and unintentional injuries; and

WHEREAS, the members of the Navajo Nation are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, STD testing and medical screening & testing and "Ni tsiis baholya, ada hozin (Take care of your body, know yourself);

NOW, THEREFORE, I, RUSSELL BEGAYE, President of the Navajo Nation and **I, JONATHAN M. NEZ**, Vice President of the Navajo Nation, do hereby proclaim the week of June 13 to June 19, ending on Father's Day as Men's Health Week in our Navajo Nation, and encourage all our citizens to pursue preventative health practices and measures for early detection efforts.

ORDERED THIS 13th DAY OF June 2016

Russell Begaye, President
THE NAVAJO NATION

Jonathan M. Nez, Vice President
THE NAVAJO NATION

Ramona Antone-Nez, Acting Division Director
NAVAJO DEPARTMENT OF HEALTH

Douglas Peter, MD, Acting Area Director
NAVAJO AREA INDIAN HEALTH SERVICE