Kamloops, British Columbia, Canada

A Proclamation

To all to whom these presents shall come - Greeting

WHEREAS, despite advances in medical technology and research, on average, men continue to live almost five years less than women; and

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

WHEREAS men are 50% more likely to die from diabetes, 80% of successful suicides are men, 90% of workplace deaths are men, and almost 50% of women are widows by the age of 65 due to men's poor health; and

WHEREAS 70% of men's ill health is a result of lifestyle; and

WHEREAS Men's Health Week will focus on raising awareness of men's health issues and promoting healthy lifestyles.

NOW KNOW YE THAT WE do by these presents proclaim and declare that June 13-19, 2016, inclusive, shall be known as

"MEN'S HEALTH WEEK"

in our City of Kamloops, in our Province of British Columbia, this 31st day of May, two thousand and sixteen.

_____________________________________
Peter Milobar
MAYOR, CITY OF KAMLOOPS
The cost of poor men’s health is $36.9 billion per year. Direct health care costs amount to $11.9 billion, indirect costs due to premature mortality are $14 billion, and costs due to short-term and long-term disability are $2.4 billion and $8.6 billion, respectively. The total cost is $36.9 billion.

The good news is if Canadian men:

- Got active
- Quit smoking
- Shed excess weight
- Reduced alcohol

We could prevent up to 70% of these costs.

Source: Canadian Men’s Health Foundation
Prepared by: H. Krueger & Associates Inc., The Economic Burden Associated with Diseases in Men And the Contribution of Tobacco Smoking, Excess Weight, Alcohol Consumption and Physical Inactivity to this Burden, October 2014.