



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.

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Peter Milobar  
MAYOR, CITY OF KAMLOOPS

# THE COST OF POOR MEN'S HEALTH

**\$36.9  
BILLION  
PER YEAR**

## MEN'S HEALTH COSTS (in Billions)

DIRECT	
Health Care Costs	\$11.9
INDIRECT	
Premature Mortality	\$14
Short-Term Disability	\$2.4
Long-Term Disability	\$8.6
<b>TOTAL</b>	<b>\$36.9</b>

Thanks to bad lifestyle behaviours



**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**



**DontChangeMuch.ca  
CanadianMensHealthWeek.ca  
MensHealthFoundation.ca**

**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.