

# Men's Health Month

## and Men's Health Week

a special awareness period recognized by Congress



### FOR IMMEDIATE RELEASE

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## Colorado Celebrates Men's Health in June

*Communities Across the Globe Honor Men's Health Month*

**(Colorado)** – Both [Boulder](#) and [Centennial](#) have joined Colorado communities by issuing a proclamation celebrating men's health and fatherhood in June, helping educate men, boys, and their families about disease prevention, timely screenings, and healthy lifestyles.

Boulder and Centennial follow Colorado communities issuing proclamations, which include [Aurora](#), [Brighton](#), [Denver](#), [Littleton](#), [Pueblo](#), and [Thornton](#).

The importance of this effort is also highlighted by a statement from the [White House](#).

This year also marks the 23<sup>rd</sup> anniversary of the establishment of National [Men's Health Week](#), as part of the larger awareness period of [Men's Health Month](#). The legislation was sponsored by Senator Bob Dole and Congressman Bill Richardson and was signed into law by President Bill Clinton on May 31, 1994.

Raising awareness of the need for men and boys to live healthy lifestyles is critical to their wellbeing. The life expectancy for men is five years less than women, and men also have higher rates of death from cancer, diabetes, and heart disease. Moreover, the Centers for Disease Control and Prevention (CDC) reports women are 100% more likely to visit their doctor for annual exams and preventative services than men.

Reports on the status of male health in each state can be found at the [State of Men's Health](#) website.

“Though we live in one of the fittest states in the nation, we still face public health challenges,” said Boulder Mayor Suzanne Jones “That’s why it’s so important to continue to raise awareness about the importance of preventative health care measures, good nutrition and active lifestyles.”

“We are proud to support an important campaign that draws public attention to health issues that not only affect men, but their entire families,” said Centennial Mayor

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Cathy Noon. “Promoting education to help men lead longer lives through preventative health practices is something we should all care about and be involved in. The City of Centennial is happy to recognize June as Men’s Health Month.”

“We applaud officials in their states for helping raise awareness of the health issues facing men and their families by recognizing this year’s men’s health awareness period,” said Ana Fadich, MPH, CHES, Men’s Health Network (MHN) Vice President. “Communities across Colorado continue to promote the health and well-being of men and boys throughout the month of June. We hope this year’s awareness period will help men and their families be more mindful of their health starting with a doctor’s appointment.”

Across the country, hundreds of health care professionals, private corporations, faith-based organizations, community groups, and other interested organizations help plan activities and events which focus on men’s health during June, and throughout the year. For ideas and free resources in both English and Spanish, visit [www.MensHealthMonth.org](http://www.MensHealthMonth.org)

On June 16, MHN encouraged participation in [Wear BLUE Friday](#) using the [#ShowUsYourBlue](#) hashtag on social media where participants raised awareness about men’s health issues by [Wearing BLUE](#).

*Men’s Health Month and Men’s Health Week is organized by [Men’s Health Network \(MHN\)](#), a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow them on Twitter [@MensHlthNetwork](#).*

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