

# Men's Health Month

## and Men's Health Week

a special awareness period recognized by Congress



### FOR IMMEDIATE RELEASE

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communications@menshealthnetwork.org  
(202) 543-6461

## Sioux City Joins Iowa Communities to Celebrate Men's Health in June

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

**(Sioux City, IA)** – Sioux City has joined Iowa 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.

Sioux City follows Iowa communities issuing proclamations including [Des Moines](#) and [Iowa City](#).

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.

Sioux City Mayor Bob Scott said, "As a Blue Zones Community where we encourage our residents to live a healthy and active lifestyle, we support and encourage the efforts led by Men's Health Network."

"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 Iowa 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

**Men's Health Week**  
**P.O. Box 77476**  
**Washington, DC 20013**

**P: 202-543-6461**

[info@menshealthweek.org](mailto:info@menshealthweek.org)

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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