



# Proclamation

## Men's Health Month June 2018

**WHEREAS**, despite advances in medical technology and research, men continue to live an average of five years less than women, with Native American and African-American men having the lowest life expectancy; and

**WHEREAS**, educating the public and health care providers about the importance of a healthy lifestyle helps early detection of male health difficulties and will result in reducing mortality rates caused by disease; and

**WHEREAS**, men who are educated about the value of preventive health care are able to help in prolonging the lifespan of productive family members and are more likely to participate in health screenings; and

**WHEREAS**, fathers who maintain a healthy lifestyle are role models for their children and are more likely to have happier, healthier children; and

**WHEREAS**, the Men's Health Network worked with Congress to develop a National Men's Health Awareness period as a special campaign to help educate males about the importance of a positive health attitude and preventative health practices; and

**WHEREAS**, the Men's Health Month web site features resources, proclamations and information about awareness events and activities, including Wear Blue for Men's Health and can be found at [www.MensHealthMonth.org](http://www.MensHealthMonth.org); and

**WHEREAS**, Palo Alto Men's Health Month focuses on a broad range of men's health, including heart disease, mental health, diabetes and prostate, testicular and colon cancers; and

**WHEREAS**, the citizens of Palo Alto are encouraged to remember the importance of a healthy lifestyle, regular exercise and regular medical check-ups.

**NOW, THEREFORE, I, Liz Kniss**, Mayor of the City of Palo Alto, on behalf of the City Council, do hereby proclaim June as Men's Health Month in Palo Alto, and encourage all our citizens to pursue preventative health practices and early detection efforts.

Presented: June 1, 2018



  
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Liz Kniss  
Mayor