



**City of Traverse City Proclamation  
Declaring June as  
Men's Health Month**

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. Educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems will result in reducing rates of mortality from disease.

Men who are educated about the value that preventive health can play in prolonging their lifespan and their role as productive family members will be more likely to participate in health screenings. Fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children and families.

The Men's Health Network worked with Congress to develop a national men's health awareness period as a special campaign to help educate men, boys, and their families about the importance of positive health attitudes and preventative health practices. The Men's Health Month web site has been established at [www.MensHealthMonth.org](http://www.MensHealthMonth.org) and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men's Health.

The Month of June, Men's Health Month, will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer, and the citizens of Traverse City are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

Therefore, I, Jim Carruthers, Mayor of the City of Traverse City, do hereby proclaim June as Men's Health Month in Traverse City, and encourage all of our citizens to pursue preventative health practices and early detection efforts.

A handwritten signature in blue ink, appearing to read "Jim Carruthers".

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Jim Carruthers, Mayor  
City of Traverse City

