

Northern Mariana Islands Men's Health Week

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Ralph DLG. Torres

June 12 at 11:16 pm · (2018)

I am very humbled to recognize the efforts of the Department of Public Health in taking a step to increasing awareness of men's health needs. I admit that during stressful times, it is very easy to neglect our health.

This year's theme is: "Men and Families: Making Healthy Connections," and like anything worth striving for, it'll take consistent work to change our habits for the better and adopt a healthier lifestyle but I wholeheartedly recommit to this.

It was said that fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children, so I encourage all CNMI residents, families, friends and co-workers, to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups; and make your health a priority and visit a health provider annually.



CNMI Office of the Governor is with Ralph Torres.

June 12 at 11:10 pm · (2018)

Governor Ralph DLG. Torres proclaimed the CNMI's first Men's Health Week, in collaboration with the Maternal and Child Health Bureau under the Department of Public Health.



Despite advances in medical technology and research, men continue to live on an average of six years less than women.

DPH expressed the need to continue educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems will result in the reduction of mortality rates.

They noted that non-communicable disease such as; heart disease, cancer and diabetes are the leading cause of death for men in the CNMI.

With this, the Commonwealth of the Northern Mariana Islands Men's Health Week will focus on educating the community on a broad range of men's health issues, including heart disease, diabetes and prostate, testicular and colon cancer.

If you haven't received your annual check-up, now is the time.

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