

**CITY OF WASILLA PROCLAMATION  
RECOGNIZING MEN'S HEALTH WEEK**

**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 and early detection of male health problems will result in reducing rates of mortality from disease; and

**WHEREAS**, men who are educated about the value of preventative health will be more likely to participate in health screenings; and

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

**WHEREAS**, Men's Health Network worked with Congress to develop National Men's Health Week as a special campaign to help educate men and their families about the importance of positive health attitudes and preventative health practices; and

**WHEREAS**, the Men's Health Week web site has been established at [www.MensHealthWeek.org](http://www.MensHealthWeek.org) and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men's Health; and

**WHEREAS**, the City of Wasilla Men's Health Week will ask men to research a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and

**WHEREAS**, the citizens of Wasilla and this state are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

Now, therefore, I, Bert L. Cottle, Mayor of the City of Wasilla do hereby proclaim June 11 - 17, 2018, as:

**Men's Health Week**

in the City of Wasilla and encourage all citizens in Wasilla to pursue preventative health practices and early detection efforts.

DATED this 11<sup>th</sup> day of June, 2018.

  
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BERT L. COTTLE  
Mayor of Wasilla