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 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; and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their children and 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 men, boys, and their families about the importance of positive health attitudes and preventive health practices; and

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

NOW, THEREFORE, BE IT PROCLAIMED by the Mayor and City Council of the City of Arvada, Colorado, that June 2019 be designated Men’s Health Month and we encourage all to pursue preventive health practices and early detection efforts.

Dated this 20th day of May, 2019

Marc Williams, Mayor

John Marriott, Mayor Pro Tem

Bob Filer, Councilmember

Nancy Ford, Councilmember

David Jones, Councilmember

Mark McGoff, Councilmember

Dot Miller, Councilmember