Men's Health Week
June 10-16, 2019

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.

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 Week web site has been established at www.MensHealthMonth.org and features resources, proclamations and information about awareness events and activities, including Wear Blue for Men's Health.

Men's Health Week will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer.

The City Council of the city of Boulder, Colorado, declares June 10-16, 2019

Men's Health Week

The residents of the city of Boulder are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

Suzanne Jones, Mayor