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 reduce 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: Men's Health Network worked with Congress to develop Men's Health Month as a special campaign to help educate men, boys and their families about the importance of positive health attitudes and preventative health practices; and

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

NOW, THEREFORE, I, Rick Stopfer, Mayor of the City of Irving, and the City Council do hereby proclaim June 2019, as:

Men's Health Month

in Irving, Texas.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City to be affixed this 21st day of February, 2019.

Rick Stopfer, Mayor