Office of the
MAYOR
City of Newark, New Jersey

Proclamation

MEN'S HEALTH MONTH
June 2019

WHEREAS: Despite advances in medical technology and research, men continue to live an average of almost five years less than women, with African-American men having the lowest life expectancy. Many of these deaths can be prevented by men eating proper diets, exercising, and getting regular health checks, including prostate examinations; 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 and disease. Men who are educated about the value of preventative health will be more likely to participate in health screening. In Newark, we address public health as a public safety issue, and work to provide health screening, education, and classes on cooking nutritious meals; and

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

WHEREAS: Newark **MEN'S HEALTH MONTH** will focus on a broad range of men's social, emotional, spiritual, and physical health issues, including heart disease, diabetes, prostate, testicular, and colon cancer. It will also focus on healthy lifestyles and dietary issues; and

WHEREAS: As Mayor of Newark, I congratulate the organizers behind **MEN'S HEALTH MONTH**, and urge all male residents of Newark and their families to take advantage of these programs this week to get early detection on health issues, and pursue mentally, physically, and spiritually healthy lifestyles all year long.

NOW, THEREFORE, I, RAS J. BARAKA, MAYOR OF THE CITY OF NEWARK, NEW JERSEY, do hereby recognize:

MEN'S HEALTH MONTH

and I urge all residents, employees, and visitors in the City of Newark to join me in this special tribute to **MEN'S HEALTH MONTH.**

SIGNED:_____

RAS J. BARAKA, MAYOR