

PROCLAMATION

The City of Philadelphia is known as the “City of Brotherly Love.” A major way to share that love and empathy for one another is to show concern about one’s health and spread awareness on how all Philadelphians can live happy, healthy, safe, and balanced lifestyles. Men face a variety of physical challenges – many of which can be solved if they receive good information and conduct preventative screenings. The City of Philadelphia supports all efforts to educate Philadelphians on best practices to live long and healthy lives.

The Men’s Health Network (MHN) sponsors an annual *Men’s Health Month* in June to heighten the awareness of preventable health problems, and encourage early detection and treatment of disease among men and boys. Health care providers, public policy makers, the media, and individuals are encouraged to use this month as an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury for a multitude of ailments, including heart disease, diabetes, mental health, and prostate, testicular, and colon cancer.

The event coincides with *Men’s Health Week*, which was designated by Congress in 1994 to heighten the awareness of preventable health problems and increase early detection and treatment of diseases for men to improve our nation’s overall health. The week, which this year runs from Monday, June 10 to Sunday June 16, 2019, is held in mid-June every year to coincide with Father’s Day. The MHN encourages people to wear blue the Friday before Father’s Day to show their shared concern for the health and well-being of boys and men.

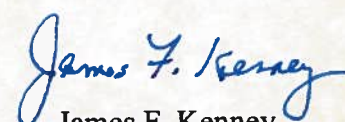
More awareness for men’s health in this country is greatly needed. Men continue to live an average of five years less than women and Native American and African-American men have the lowest life expectancy rate. By encouraging men and boys in this country to assume a more active role in their health by taking measures such as proper nutrition, exercise, and scheduling regular check-ups and health screenings, it will reduce the mortality rate and create an improved quality of life for this segment of the population. Men who are educated about the value of preventative health will be more likely to participate in health screenings and live healthy lifestyles – which will reduce their mortality rate and also serve as role models for their children.

THEREFORE...

I, James F. Kenney, Mayor of the City of Philadelphia, do hereby proclaim the month of June 2019 to be

MEN’S HEALTH MONTH

in Philadelphia, and urge all citizens to encourage the men in their lives to be better informed and dedicated to a healthy lifestyle, regular exercise, and medical checkups.


James F. Kenney
Mayor

Given under my hand and the seal of the City of Philadelphia on this first day of June, two thousand and nineteen

