

City of Portsmouth

Proclamation

- 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 the 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,* 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; and
- Whereas,* the Men's Health Month 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; and
- Whereas,* Portsmouth Men's Health Month will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, prostate, testicular and colon cancer; 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, I, John L. Rowe, Jr., Mayor of the City of Portsmouth, Virginia, do hereby proclaim the month of June 2019 as,

"Men's Health Month"

in Portsmouth, and urge all members of this community to pursue preventative health practices and early detection efforts.

In Witness Whereof, and on behalf of the Portsmouth City Council, I have hereunto set my hand and caused the Seal of Portsmouth, Virginia to be affixed this first day of June, two thousand nineteen.



John L. Rowe, Jr.
John L. Rowe, Jr.
Mayor