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.

WHEREAS: Men who are educated about the value that preventative 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: Richardson Men’s Health Month will focus on a broad range of men’s health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and

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

NOW, THEREFORE, I, Paul Voelker, Mayor of the City of Richardson, Texas, do hereby proclaim June 2019 as:

MEN’S HEALTH MONTH

in Richardson, Texas, and encourage all our citizens to pursue preventative health practices and early detection efforts.

Given under my hand and seal of office this 1st day of June 2019.

Mayor, City of Richardson