



Proclamation

RECOGNIZING MEN'S HEALTH MONTH

June 2019

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 of preventative health will be more likely to participate in health screening; and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children; and

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

WHEREAS, the Men's Health Week website has been established at www.Men'sHealthWeek.org and features resources, proclamations, and information about awareness events and activities, including "Wear Blue for Men's Health"; and

WHEREAS, Sacramento's Health Week will focus on a broad range of men's health issues including heart disease, diabetes, prostate, testicular cancer, and colon cancer and citizens are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

NOW, THEREFORE, BE IT RESOLVED that I, Darrell Steinberg, Mayor of the City of Sacramento, do hereby proclaim the month of June as Men's Health Month in Sacramento and encourage residents to pursue preventative health practices and early detection efforts.

ISSUED: This 10th Day of June, 2019

Darrell Steinberg
Mayor