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 of all populations in the United States; and

WHEREAS, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems will reduce rates of mortality from disease; and

WHEREAS, men who are educated about the value of preventive health will be more likely to participate in health screenings, therefore modeling healthy choices for their families; and

WHEREAS, Men's Health Month was developed as a special campaign to help educate men and their families about the importance of positive health attitudes and preventive health practices; and

WHEREAS, Men's Health Month focuses on a broad range of men's health issues, including heart disease, diabetes, mental health, and prostate, testicular, and colon cancer; and

WHEREAS, by promoting physical and mental wellness through healthy lifestyle choices, regular exercise, and medical checkups, we protect the commonwealth's greatest resource — its people.

THEREFORE, I, Tom Wolf, Governor of the Commonwealth of Pennsylvania, do hereby proclaim June 2019 as MEN'S HEALTH MONTH and June 10-16, 2019, as MEN'S HEALTH WEEK. I encourage all Pennsylvanians to pursue preventive health practices and early detection efforts.