



# CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution of Virginia in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:*

## **MEN'S HEALTH MONTH AND MEN'S HEALTH WEEK**

**WHEREAS**, despite advances in medical technology and research, men continue to live an average of five fewer years 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 will result in reducing 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 screening; and

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

**WHEREAS**, it is crucial that men across the Commonwealth are knowledgeable about preventive health practices and are fully equipped to make informed decisions about nutrition, exercise, and regular health screenings; and

**WHEREAS**, in 1994, Men's Health Network partnered with Congress to develop a national men's health awareness period as a campaign to educate men, boys, and their families about the importance of positive health attitudes and preventive health practices; and

**WHEREAS**, the Men's Health Week web site has been established at [www.MensHealthWeek.org](http://www.MensHealthWeek.org) and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men's Health ([www.menshealthnetwork.org/wearblue/](http://www.menshealthnetwork.org/wearblue/)); and

**WHEREAS**, Men's Health Week will focus on a broad range of men's health issues in the Commonwealth, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer;

**NOW, THEREFORE**, I, Ralph S. Northam, do hereby recognize June 2019 as **MEN'S HEALTH MONTH** and June 10-16, 2019, as **MEN'S HEALTH WEEK** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



  
Governor

  
Secretary of the Commonwealth