



## **MEN'S HEALTH MONTH**

*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 that 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, fathers who maintain a healthy lifestyle are role models for their children who tend to be happier and healthier; 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, [www.MensHealthWeek.org](http://www.MensHealthWeek.org) has been established and features resources and information about awareness, events and activities, including Wear Blue for Men's Health; and*

*WHEREAS, Grapevine 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 Grapevine are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.*

*NOW, THEREFORE, I, William D. Tate, Mayor of the City of Grapevine, Texas, do hereby proclaim June 2019 as*

## **MEN'S HEALTH MONTH**

*in the City of Grapevine. All citizens are urged to pursue preventative health practices and early detection efforts.*



*Mayor, City of Grapevine*

