

# Office of the Mayor

## PROCLAMATION

**WHEREAS,** the South Bend community believes that its residents should feel as though they can reach their best physical condition no matter their race or ethnicity, and 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 healthcare providers and the public on the importance of a healthy lifestyle and early prevention will result in reduced mortality rates from disease; and

**WHEREAS,** men who value preventative healthcare can deter illness and serve as productive family members, and fathers who maintain a healthy lifestyle can serve as positive role models for their children; and

**WHEREAS,** the Men's Health Network has worked with Congress to develop a national men's health awareness period to educate males and their families on the importance of healthy habits and preventative practices, and the Men's Health Month web site features resources, proclamations, and information on awareness events and activities, such as Wear Blue for Men's Health; and

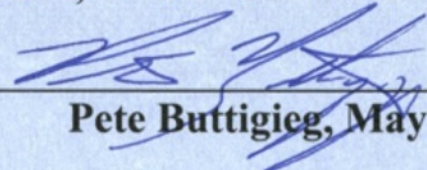
**WHEREAS,** South Bend understands that bringing focus to Men's Health will influence the greater community because men's health is an issue that affects everyone: wives, daughters, sisters, and families, and in Men's Health Month we should focus on a broad range of issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and

**WHEREAS,** South Bend's residents are encouraged to spread awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

*Therefore, I, Pete Buttigieg, mayor of the City of South Bend, Indiana do hereby recognize June as **Men's Health Month** in South Bend and encourage all our residents to pursue preventative health practices and early detection efforts.*



**Signed and sealed this 1<sup>st</sup> day  
of June, Two Thousand and Nineteen**

  
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**Pete Buttigieg, Mayor**