



**PALA BAND OF
MISSION INDIANS**

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Men's Health Month Proclamation

June 2020

Whereas, despite advances in medical technology and treatment, Native American men live significantly shorter lives and suffer higher death rates for many causes compared to their female counterparts or U.S. males overall; and

Whereas, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems can result in reducing rates of mortality from disease; and

Whereas, men who are informed about the value of preventative health and supported in accessing it will be more likely to participate in health screening and treatment; 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 a men's health awareness period as a special campaign to help educate men, boys, and their families about the importance of positive health attitudes and preventative health practices; and

Whereas, the Men's Health Month web site has been established at www.MensHealthMonth.org and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men's Health (www.WearBlueForMensHealth.com); and

Whereas, the Pala's 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 members of tribal nations are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

Now, therefore, I, Robert Smith, Tribal Chairman of the Pala Band of Mission Indians, do hereby proclaim June as Men's Health Month in our tribal nation, and encourage all our citizens to pursue preventative health practices and early detection efforts.

Robert Smith, Tribal Chairman
Pala Band of Mission Indians