WHEREAS: The City of Stamford honors Men’s Health Month to focus on men’s health issues; and raising awareness of the epidemic of depression and stress in boys and men leading to suicide and substance abuse; and

WHEREAS: Recognizing that despite advances in medical technology and research, men live an average of five years less than women, with Native American and African-American men having the lowest life expectancy; and

WHEREAS: Preventative health education about healthy lifestyles, exercise and medical check-ups for early detection, reduce male mortality rates and promote the importance of men as role models for a healthier and happier family; and

WHEREAS: The Men’s Health Network campaign and www.MensHealthWeek.org features resources and activities—Wear Blue for Men’s Health!

NOW, THEREFORE, I, DAVID R. MARTIN, Mayor of the City of Stamford, proclaim June 2020 to be:

MEN’S HEALTH MONTH

in the City of Stamford, and encourage all of our residents to engage in healthy behaviors, and seek help when needed.

DAVID R. MARTIN, MAYOR