

Men's Health Month

June 2021

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.

COVID-19 is destroying lives across the country, with the Centers for Disease Control reporting that males are more likely to die from this pandemic. Encouraging safe behaviors including social distancing, wearing masks, and being vaccinated will help stop the spread of COVID-19.

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. 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. Fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children.

Men's Health Network worked with Congress to develop a national 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. 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.

Boulder'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. Community members are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

We, the City Council of the City of Boulder, Colorado declare June 2021 as

Men's Health Month

And encourage community members to pursue preventative health practices and early detection efforts throughout the year.



Sam Weaver, Mayor

