

Office of the Mayor

Murfreesboro, Tennessee

Proclamation

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, COVID-19 variants continue to spread across the country, with the Centers for Disease Control reporting that males are more likely to die from this pandemic; and

WHEREAS, encouraging safe behaviors including social distancing, wearing masks, and being vaccinated will help stop the spread of COVID-19; and

WHEREAS, educating the public and healthcare 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 healthcare 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 stay connected to their children and 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 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; and

WHEREAS, the Men's Health Month website has been established at www.MensHealthMonth.org and features resources, proclamations, and information about awareness events and activities, including Wear Blue Day (www.WearBlueDay.com); and

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

NOW, therefore, I, SHANE MCFARLAND, MAYOR, of the City of MURFREESBORO, TENNESSEE, do hereby proclaim MEN'S HEALTH MONTH in JUNE, and encourage all other citizens to pursue preventative health practices and early detection efforts throughout the year.



In witness whereof I have hereunto set my hand and caused the seal of this city to be affixed

Mayor Shane M. Farland

Date June 2022