

## Men's Health Month 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**, 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; and

**Whereas**, men who are educated about the value that preventive health care 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](http://www.MensHealthMonth.org) and features resources, proclamations, and information about awareness events and activities, including Wear Blue Day ([www.WearBlueDay.com](http://www.WearBlueDay.com)); and

**Whereas**, City of Benton'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 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, Tom Farmer, Mayor of the City of Benton, do hereby proclaim June as Men's Health Month in the City of Benton, and encourage all citizens to pursue preventative health practices and early detection efforts throughout the year.



A handwritten signature in blue ink that reads "Tom Farmer".

Tom Farmer, Mayor  
City of Benton, Arkansas