

# Proclamation

## Men's Health Month

**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 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 preventative health care can play in prolonging their life span 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

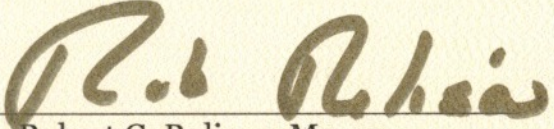
**WHEREAS**, Poughkeepsie's Men's Health Month will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and

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

**NOW, THEREFORE**, I, Robert G. Rolison, Mayor of the City of Poughkeepsie, NY, do proclaim June as Men's Health Month and encourage all our residents to pursue preventative health practices and early detection efforts throughout the year.

**IN WITNESS WHEREOF**, I have hereunto set my hand in these free United States in the County of Dutchess and to which I have caused the Seal of the City of Poughkeepsie to be affixed this twenty seventh day of April of the year of our Lord, two thousand and twenty two.



  
Robert G. Rolison, Mayor  
City of Poughkeepsie, New York