

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 expectancies; and

WHEREAS, COVID-19 variants continue to spread across the country, with the Centers for Disease Control reporting that men 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 of preventative health care can play in prolonging their lifespan will be more likely to participate in health screenings; 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;

NOW, THEREFORE, I, VICTORIA R. WOODARDS, Mayor of the City of Tacoma, on behalf of the City Council, do hereby proclaim May 1-7, 2022, as

MEN'S HEALTH WEEK

in the City of Tacoma, and encourage our residents to increase their own awareness of the importance of a healthy lifestyle, regular exercise, and annual medical checkups. You can learn more by going to www.MensHealthMonth.org to find information and resources.



**WITNESS, THEREFORE, MY HAND
AND THE OFFICIAL SEAL OF THE
CITY OF TACOMA, WASHINGTON,
This 16th day of June 2022.**

Victoria R. Woodards

VICTORIA R. WOODARDS, Mayor

