



Office of the  
**MAYOR**  
City of Newark, New Jersey

# Proclamation

## MEN'S HEALTH MONTH

June 2024

**WHEREAS:** Despite advances in medical technology and research, men continue to live an average of almost five years less than women, with African-American men having the lowest life expectancy. Many of these deaths can be prevented by men eating proper diets, exercising, and getting regular health checks, including prostate examinations. In recent years, America's male population has faced an additional challenge with COVID-19, which has seared families across our nation; and

**WHEREAS:** Educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems results in reducing rates of mortality and disease. In Newark, we address public health as a public safety issue, and work to provide health screening, education, and classes on cooking nutritious meals; and

**WHEREAS:** The **Men's Health Network** worked with Congress to develop National **MEN'S HEALTH MONTH** as a special campaign to help educate men and their families about the importance of positive health attitudes and preventative health practices. They are expanding their efforts to address unrecognized and undiagnosed depression and mental stress issues. Their official website is located at <http://www.MensHealthMonth.org>; and

**WHEREAS:** Newark **MEN'S HEALTH MONTH** will focus on a broad range of men's social, emotional, spiritual, and physical health issues, including heart disease, depression, diabetes, prostate, testicular, and colon cancer. It will also focus on healthy lifestyles and dietary issues; and

**WHEREAS:** As Mayor of Newark, I congratulate the organizers behind **MEN'S HEALTH MONTH**, and urge all male residents of Newark and their families to take advantage of these programs this month to get early detection on health issues, and pursue mentally, physically, and spiritually healthy lifestyles all year long.

**NOW, THEREFORE, I, RAS J. BARAKA, MAYOR OF THE CITY OF NEWARK, NEW JERSEY, do hereby recognize:**

### MEN'S HEALTH MONTH

and I urge all residents, employees, and visitors in the City of Newark to join me in this special tribute to **MEN'S HEALTH MONTH**.

SIGNED: \_\_\_\_\_

  
RAS J. BARAKA, MAYOR