

Office of the Mayor

Murfreesboro, Tennessee

Proclamation

WHEREAS, Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about receiving regular disease prevention screenings and living healthier lifestyles; and

WHEREAS, nationwide life expectancy for men averages five years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality; and

WHEREAS, Men's Health Network is recognized for their esteem in the creation of maintenance, and champion over National efforts of officially distinguished Men's Health Month and Men's Health Week, as established in 1994; and

WHEREAS, Men's Health Month is a time for the public to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models for their children through preventive health screenings, health living and seeking needed help; and

WHEREAS, the growing epidemic of suicide and substance abuse requires special effort to raise awareness of unrecognized and undiagnosed depression and mental stress in boys and men; and

WHEREAS, the centerpiece of Men's Health Month is National Men's Health Week a special awareness period passed by Congress and signed into law by President Bill Clinton on May 31, 1994, and officially facilitated yearly by the efforts of Men's Health Network; and

NOW, THEREFORE, I, SHANE MCFARLAND, MAYOR of the City of **MURFEESBORO, TENNESSEE** hereby proclaim June to be recognized as

MEN'S HEALTH MONTH

and encourage all 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 2025