

# CITY OF CHARLOTTESVILLE



## 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** 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 prolong their lifespan, improve their role as productive family members, serve as role models, and will be more likely to participate in health screenings; and

**WHEREAS** in the Commonwealth of Virginia, 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** residents are encouraged to understand the importance of positive health attitudes and preventative health practices, while increasing awareness of the importance of a healthy lifestyle, regular exercise and medical check-ups;

**NOW, THEREFORE,** the Charlottesville City Council recognizes June 2024 as **MEN'S HEALTH MONTH** in the City of Charlottesville, and we call this observance to the attention of our residents.