

State of North Carolina

ROY COOPER
GOVERNOR

MEN'S HEALTH MONTH

AND

MEN'S HEALTH WEEK

2020

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, educating the public and wellness providers about the importance of a healthy lifestyle and early diagnosis of male health problems can help to reduce the rates of mortality from disease; and

WHEREAS, informing men about the value of preventive health and the importance of participating in health screenings will aid in prolonging their lifespan and support their role as productive family members; and

WHEREAS, fathers who maintain healthy lifestyles are role models for their children and well-equipped to care for a happy, healthy family; and

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, Men's Health Week, created by the Men's Health Network, was first designated as June 12 – 19 by the United States Congress in 1994 to establish an awareness period to help educate men, boys and their families about the importance of positive health attitudes and preventative health practices; and

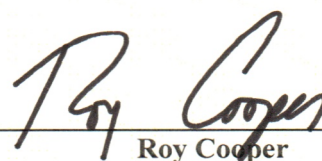
WHEREAS, to provide information about awareness events, activities and resources, the Men's Health Month web site has been established at www.MensHealthMonth.org; activities during this observance include Wear Blue for Men's Health on the Friday before Father's Day; and

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

WHEREAS, the State of North Carolina encourages people to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups and to participate in preventative health practices and early detection efforts throughout our state;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim June, 2020, as "**MEN'S HEALTH MONTH**" and June 15 – 21, 2020 as "**MEN'S HEALTH WEEK**" in North Carolina, and commend its observance to all citizens.





Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-eighth day of May in the year of our Lord two thousand and twenty and of the Independence of the United States of America the two hundred and forty-fourth.