



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**MEN'S HEALTH MONTH**

**2021**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

## **A 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 expectancy; and

**WHEREAS**, according to a study by the Centers for Disease Control and Prevention, men are 2.4 times more likely to die from COVID-19 than women; and

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

**WHEREAS**, men who are educated about the value of preventive health to prolonging their lifespan and supporting their role as productive family members are more likely to participate in health screenings; 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**, 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**, Men's Health Month is an opportunity to raise awareness, advocate resources, and promote access to education about men's health; 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, 2021, as "MEN'S HEALTH MONTH" 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-sixth day of May in the year of our Lord two thousand and twenty-one and of the Independence of the United States of America the two hundred and forty-fifth.