

# California Celebrates Men's Health in June

*Communities Across the Globe Honor Men's Health Month*

CALIFORNIA, UNITED STATES, June 11, 2021 /EINPresswire.com/ -- The state of California, as well as the cities of [Beverly Hills](#), Coachella, Cupertino, and [Santa Cruz](#) have issued proclamations celebrating men's health and fatherhood in June, helping educate men, boys, and their families about disease prevention, timely screenings, healthy lifestyles, and positive family relationships.

The proclamations can be found [here](#).

The importance of this effort was also highlighted by a statement from the White House.



Raising awareness of the need for men and boys to live healthy lifestyles is critical to their wellbeing. The life expectancy for men is five years less than women, and men also have higher rates of death from cancer, diabetes, and heart disease. Moreover, the Centers for Disease Control and Prevention (CDC) reports women are 100% more likely to visit their doctor for annual exams and preventative services than men.

Report cards on the status of male health in each state can be found at the State of Men's Health website (<https://www.menshealthnetwork.org/stateofmenshealth/>). Proclamations from cities and states be found at [www.MensHealthMonth.com](http://www.MensHealthMonth.com)

"It is an honor to recognize June as Men's Health Month to raise awareness of the importance of a healthy lifestyle and regular medical evaluation so that our dads, sons, brothers and uncles can lead happy, productive lives with their families and loved ones," Santa Cruz mayor Donna Meyers said. "Men are often overlooked in health needs and it is important that we let our loved ones know we care about their health and support them in exploring ways to keep themselves happy and in good health. Santa Cruz is a wonderful town for everyone to enjoy outdoor exercise,

stress reduction, and a healthy diet.”

"In our multi-faceted and ongoing efforts to promote everyone's health and quality of life, I appreciate the decades-long effort recognizing Men's Health Month, which was started in the 1990's on the level of our federal government," Cupertino Mayor Darcy Paul said. "We continue with these good efforts to inter-connect everyone in a healthy tapestry."

"It's simple, health men (physical, mental, spiritual) are integral to our success as a society," Coachella Mayor Steven Hernandez said. "Conversely, unhealthy men, lead to negative outcomes in society (broken homes, crime, increased healthcare). We are proud to support Men's Health Month."



"We applaud officials in their states for helping raise awareness of the health issues facing men and their families by recognizing this year's men's health awareness period," said Ana Fadich Tomsic, MPH, CHES, Vice President, Men's Health Network. "Communities around the globe continue to promote the health and well-being of men and boys throughout the month of June. We hope this year's awareness period will help men and their families be more mindful of their health starting with a doctor's appointment."

Across the country, hundreds of health care professionals, private corporations, faith-based organizations, community groups, and other interested organizations help plan activities and events that focus on men's health during June, and throughout the year. On June 18, MHN encourages participation in using the #ShowUsYourBlue hashtag on social media where participants raised awareness about men's health issues by Wearing BLUE.

For ideas and free resources in both English and Spanish, visit [www.MensHealthMonth.org](http://www.MensHealthMonth.org)

Men's Health Month grew out of National Men's Health Week, which was enacted by Congress. The legislation was sponsored by Senator Bob Dole and Congressman Bill Richardson and was signed into law by President Bill Clinton on May 31, 1994.

Men's Health Month and Men's Health Week are organized by Men's Health Network (MHN), an international non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more

about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow them on Twitter @MensHlthNetwork and Facebook at [www.facebook.com/menshealthnetwork](http://www.facebook.com/menshealthnetwork). For more information on MHN's ongoing Dialogue on Men's Health series, visit [www.dialogueonmenshealth.com](http://www.dialogueonmenshealth.com)

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