

# Colorado and Wyoming Celebrate June as Men's Health Month

*Men's Health Month focuses on health disparities affecting men and boys year-round.*

COLORADO, UNITED STATES, June 4, 2022 /EINPresswire.com/ -- The cities of Thornton, Centennial, Denver, Pueblo, Aurora, Arvada, and Rock Springs have issued Men's Health Month proclamations (June) celebrating men's health and fatherhood year-round, helping educate men, boys, and their families about disease prevention, timely screenings, healthy lifestyles, and positive family relationships.

Mayor Jan Kullman, Mayor Stephanie Piko, Mayor Michael Hancock, Mayor Nick Gradisar, Mayor Mike Coffman, Mayor Marc Williams, and Mayor Tim Kaumo's proclamations can be found [here](#).

Raising awareness of the need for men and boys to live healthy lifestyles is critical to their wellbeing, even more so with COVID still impacting families and everyday lifestyles. The life expectancy for men is five years less than women (1), and men also have higher rates of death from cancer, diabetes, and heart disease (2). 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 (3).

Report cards on the status of male health in each state can be found at the [MensHealthReportCard.com](#) Proclamations from cities and states be found at [www.MensHealthMonth.com](#)

"We need every member of our community to be taking care of themselves appropriately. Far too often, men are prone to waiting on visits to their physicians even when they believe something might be wrong," said Mayor Jan Kullman. "I hope men will take it upon themselves to



get in sooner and more frequently to see their doctor so they remain healthy for their friends and loved ones."

"The need to promote awareness of men's and boy's health is critical for the well-being of our communities. The City of Rock Springs, Wyoming stands committed in all efforts that promote annual physicals and early detection protocols to ensure that lives are saved and extended. We appreciate every community for their efforts in promoting good health for all citizens," stated Mayor Tim Kaumo.

"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, 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."

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Men don't always take their health too seriously because they feel good and they are fine. This is a big factor for men dying younger and living less healthy lives."

*Ana Fadich-Tomsic, VP of  
Men's Health Network (MHN)*

Across the country, hundreds of health care professionals, private corporations, faith-based organizations, community groups, government agencies, and other interested organizations help plan activities and events that focus on men's health during June, and throughout the year.

June 17, the Friday before Father's Day, is [Wear Blue Day](#). People all over the world take pictures of themselves and others wearing blue to increase awareness of men's health

and post photos on social media with the #ShowUsYourBlue hashtag. Also, make sure you #WearBlueForMen and don't forget to tag Men's Health Network on social media.

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



International Men's Health Week

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)

References:

- (1) <https://www.menshealthnetwork.org/library/mortalitysexrace.pdf>
- (2) <https://www.menshealthnetwork.org/library/causesofdeath.pdf>
- (3) <https://www.menshealthnetwork.org/library/MvWhealthuse072501CDC.pdf>

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**Don't Forget to**  
***Wear Blue***

**Friday**  
**June 17**

**#ShowUsYourBlue**



Wear Blue for Men Puppy June 17

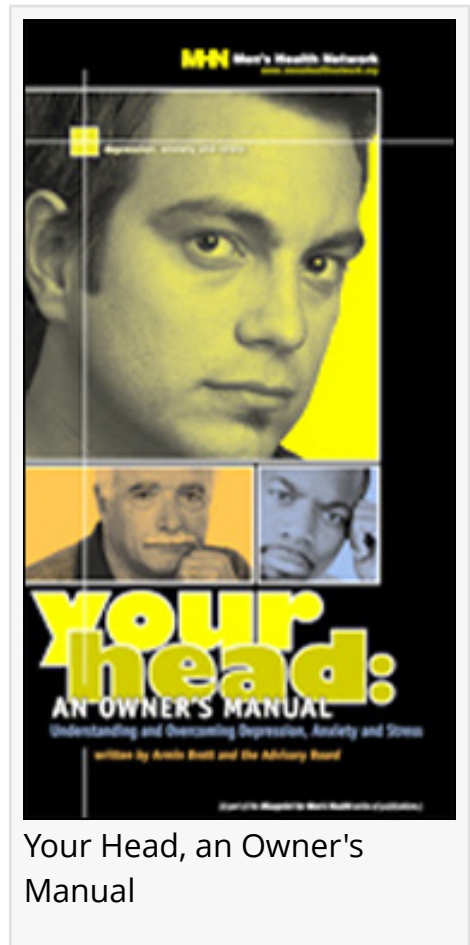
**¡No te olvides**  
**de vestir de azul!**

***viernes, el 17 de junio***

**#ShowUsYourBlue**  
**@MensHealthMonth**  
**@MensHlthNetwork**



Wear Blue for Men's Health Puppy June 17 Spanish



Your Head, an Owner's Manual

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