

Florida Celebrates June as Men's Health Month

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

FLORIDA, UNITED STATES, June 4, 2022 /EINPresswire.com/ -- The state of Florida and the cities of Gainesville, Coral Springs, Daytona Beach, Orlando, North Miami, West Palm Beach Tarpon Springs, Melbourne, Ocala, and Hollywood 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 Lauren Poe, Mayor Scott Brook, Mayor Derrick L. Henry, Mayor Buddy Dyer, Mayor Philippe Bien-Aime, Mayor Keith A. James, Mayor Costa Vatikiotis, Mayor Paul Alfrey, Mayor Kent Guinn, and Mayor Josh Levy'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



“COVID-19 has reminded us all of the critical importance of encouraging and maintain good mental and physical health. I am thankful for the Men’s Health Network for their tireless work to provide quality, relevant and accessible health information to all who need it,” said Mayor Lauren Poe.

“When men prioritize their mental and physical health with regular health screenings, exercise, diet, and self-care practices, they not only create a better life for themselves but also serve as more positive role models for the boys and young men in their lives,” stated Mayor Paul Alfrey. “Men’s Health Month is a great time to remind men across our community of the importance of taking care of themselves so that they can live long, healthy lives.”

“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.”

“

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.



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 and follow them on Twitter @MensHealthNetwork and Facebook at www.facebook.com/menshealthnetwork. For more information on MHN's ongoing Dialogue on Men's Health series, visit 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!**

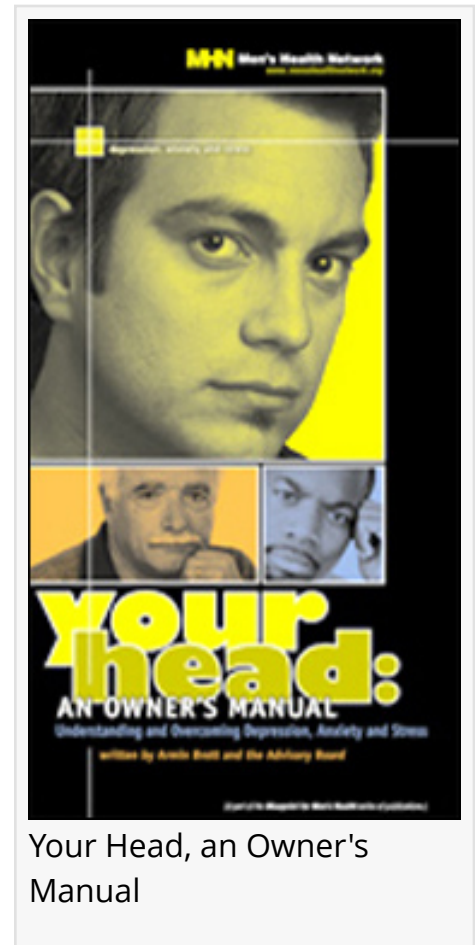
viernes, el 17 de junio

**#ShowUsYourBlue
@MensHealthMonth
@MensHealthNetwork**



Wear Blue for Men's Health Puppy June 17 Spanish

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