

Texas Celebrates June as Men's Health Month

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

TEXAS, UNITED STATES, June 4, 2022 /EINPresswire.com/ -- The cities of Austin, Dallas, Euless, Hidalgo, Pflugerville, Silsbee, Wichita Falls, League City, Friendswood, College Station, Richardson, and Jefferson County 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 Steve Adler, Mayor Eric Johnson, Mayor Linda Lipp Martin, Mayor Victor Gonzales, Mayor Kevin Garner, Mayor Stephan Santellana, Mayor Pat Hallisey, Mayor Mike Foreman, Mayor Karl Mooney, and Mayor Paul Voelker, and Mayor Charles Haggard's proclamations can be found [here](#).



June-is-Mens-Health-Month

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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*

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

“Richardson applauds the efforts of Men’s Health Network, and we are proud to again join the efforts in supporting a mission that promotes a healthy lifestyle for men of all ages,” said Mayor Paul Voelker of Richardson, Texas. “We encourage the residents of Richardson and all of Texas to participate in Men’s Health Month this June by taking part in regular exercise and scheduling routine medical check-ups for early disease detection and prevention.”

“In Pflugerville, we pride ourselves on being where quality meets life, and part of living life to the fullest is taking care of your health,” said Pflugerville Mayor Victor Gonzales. “Recognizing June as Men’s Health Month is an important reminder for men to get their medical check-ups, practice a healthy lifestyle and learn more about the health issues they are at risk for. Thank you to the Men’s Health Network for helping us bring awareness.”

“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.”

INTERNATIONAL MEN’S HEALTH WEEK

**Awareness. Prevention.
Education. Family.**

www.menshealthweek.org

International Men's Health Week

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

**Friday
June 17**

#ShowUsYourBlue



Wear Blue for Men Puppy June 17

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 @MensHlthNetwork and Facebook at www.facebook.com/menshealthnetwork. For more information on MHN's ongoing Dialogue on Men's Health series, visit www.dialogueonmenshealth.com

**¡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

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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