

Illinois and Indiana Celebrate June as Men's Health Month

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

ILLINOIS, UNITED STATES, June 3, 2022 /EINPresswire.com/ -- The states of Illinois and Indiana, as well as the cities of Chicago, Joliet Carmel, and Lafayette, 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.

Governor J.B. Pritzker, Governor Eric Holcomb, Mayor Lori Lightfoot, Mayor O'Dekirk, Mayor James Brainard, and Mayor Tony Roswarski'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 have worked hard during the past two decades to create a city in which there are many ways to live a healthy lifestyle, from enjoying our more than 200 miles of paths and trails to a vibrant central core that is walkable, to free events and festivals that bring the community



together. We also have many highly rated health care facilities to help make it easy for men to focus on their health and get the care they need. It is important that we encourage the men in our lives, whether brothers, friends or husbands, to take the time to maintain and improve their health," said James Brainard, Mayor of Carmel, Indiana.

"Men's Health Month is an opportunity for men of all ages to rededicate ourselves to recognizing the importance of health and wellness in our lives," states Mayor Tony Roswarski. "Taking the necessary steps to prevent health problems will not only affect you, but your entire family. Eating properly, exercising regularly, and scheduling routine visits with your doctor will go a long way towards a healthy lifestyle."

"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

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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."

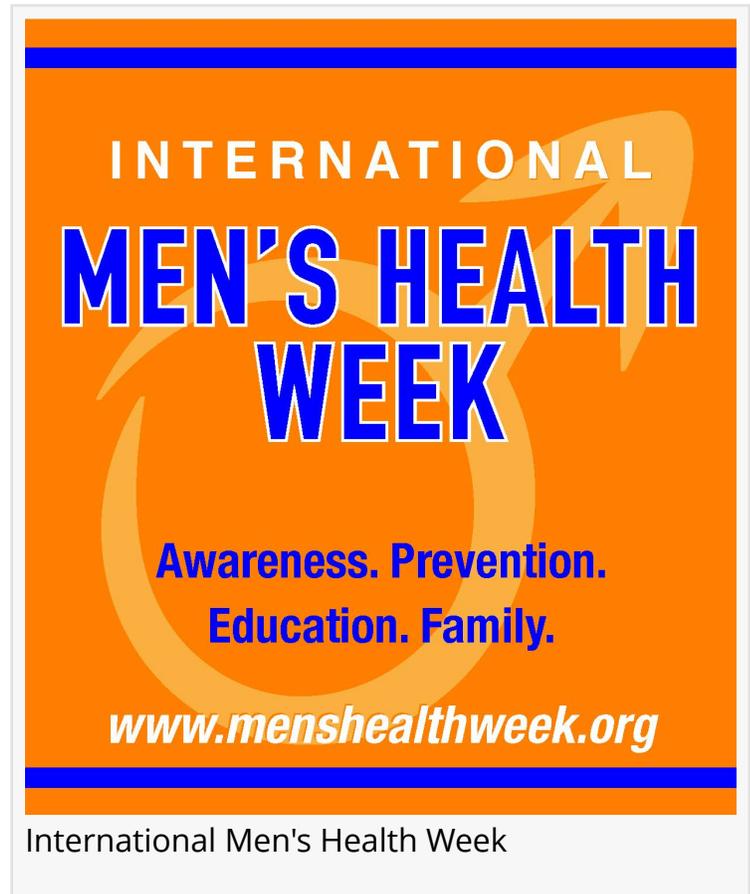
*Ana Fadich-Tomsic, VP of
Men's Health Network (MHN)*

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, 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.

A promotional poster for International Men's Health Week. The background is orange with a large, faint, stylized male symbol (♂) in the center. At the top, the word "INTERNATIONAL" is written in white, all-caps, sans-serif font. Below it, "MEN'S HEALTH WEEK" is written in large, bold, blue, all-caps, sans-serif font. Underneath that, the words "Awareness. Prevention. Education. Family." are written in a smaller, blue, sans-serif font. At the bottom of the poster, the website "www.menshealthweek.org" is written in white, italicized, sans-serif font. The entire poster is framed by a blue border at the top and bottom.

INTERNATIONAL
**MEN'S HEALTH
WEEK**
Awareness. Prevention.
Education. Family.
www.menshealthweek.org

International Men's Health Week

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

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!**

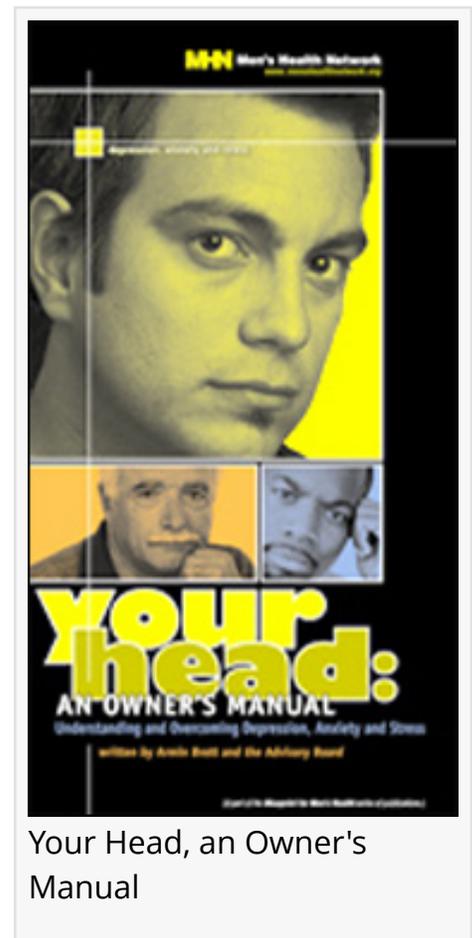
viernes, el 17 de junio

**#ShowUsYourBlue
@MensHealthMonth
@MensHlthNetwork**



Wear Blue for Men's Health Puppy June 17 Spanish

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