

# Michigan Celebrates June as Men's Health Month

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

MICHIGAN, UNITED STATES, June 3, 2022 /EINPresswire.com/ -- The cities of Kalamazoo, Grand Rapids, Westland, Rochester Hills, and Southfield 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 David Anderson, Mayor Rosalynn Bliss, Mayor William Wild, Mayor Bryan K. Barnett, and Mayor Kenson Siver'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 are found at [www.MensHealthMonth.com](#)

"We know that men live shorter lives than women, and this is in part because of our reluctance to schedule regular visits with our doctors," said Kalamazoo Mayor David Anderson. "As we recognize Men's Health Month this June, let's commit to seeking preventative care and taking



steps to live healthier lifestyles so we can stay healthy, live longer, and keep showing up for our loved ones and our community.”

“Education and awareness of the importance of a healthy lifestyle, regular exercise and routine medical checkups is vital to our residents leading happier and healthier lives,” said Mayor Rosalynn Bliss. “Men’s Health Month will help bring focus to these preventative measures and can help reduce rates of mortality from disease in our city and through the community.”

“The City of Westland is proud to offer our support to the important work of the Men’s Health Network. Positive health attitudes and preventative health care are important for our residents and the results can sometimes be lifesaving,” commented Mayor William Wild.

“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.

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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.”

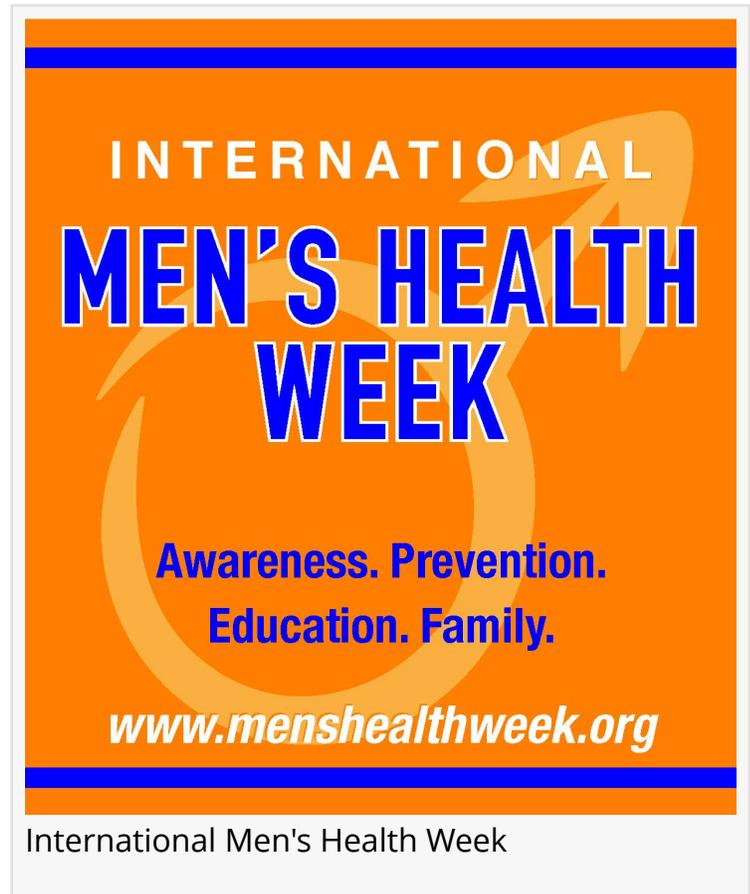
*Ana Fadich-Tomsic, VP of Men’s Health Network (MHN)*

“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, 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 will 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. 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 slogan "Awareness. Prevention. Education. Family." is 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 thin 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](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)

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!**

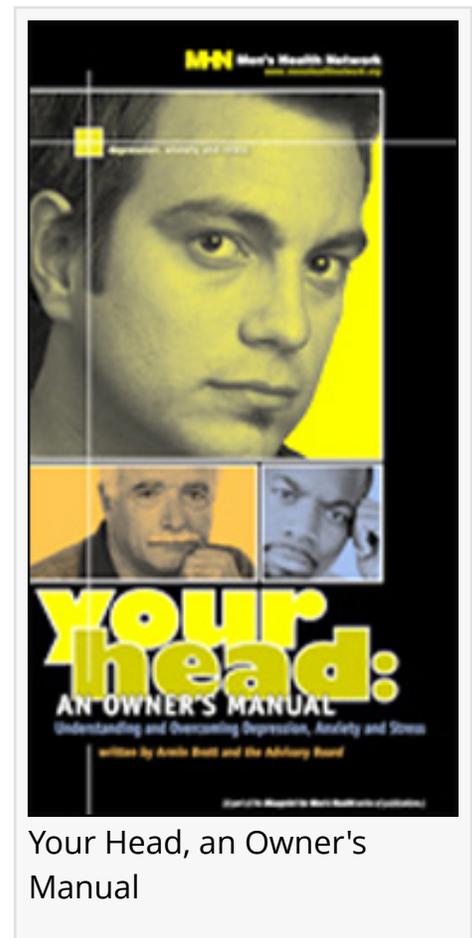
***viernes, el 17 de junio***

**#ShowUsYourBlue  
@MensHealthMonth  
@MensHlthNetwork**



Wear Blue for Men's Health Puppy June 17 Spanish

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