

**PROCLAMATION
OF THE
MENDOCINO COUNTY BOARD OF SUPERVISORS**

**RECOGNIZING JUNE 2024 AS MEN'S HEALTH MONTH AND
FRIDAY, JUNE 14, 2024 AS 'WEAR BLUE DAY' IN MENDOCINO
COUNTY**

WHEREAS, Men's Health Month is part of an ongoing international effort to educate men, boys and their families about receiving regular disease prevention screenings and living healthier lifestyles; and

WHEREAS, Nationwide, life expectancy for men averages five years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality; and

WHEREAS, The Covid-19 pandemic has had a devastating impact on men's health in the United States, dropping men's life expectancy by two years; and

WHEREAS, Men's Health Month is a time for the public to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models for their children through preventative health screenings, healthy living and seeking needed help; and

WHEREAS, the growing epidemic of suicide and substance abuse requires special effort to raise awareness of unrecognized and undiagnosed depression and mental stress in boys and men; and

WHEREAS, the centerpiece of Men's Health Month is National Men's Health Week, a special awareness period passed by Congress and signed into law by President Bill Clinton on May 31, 1994

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors of the County of Mendocino, hereby proclaims June as Men's Health Awareness Month and June 14th as 'Wear Blue Day'.

Dated: June 4, 2024

Maureen Mulheren, Chair