# Proclamation

**WHEREAS**, despite advances in medical technology and research, men continue to live an average of five years less than women with Native American and African-American men having the lowest life expectancy; and

**WHEREAS**, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems will result in reducing rates of mortality from disease; and

**WHEREAS**, men who are educated about the value that preventive health can play in prolonging their lifespan and their role as productive family members will be more likely to participate in health screenings; and

**WHEREAS**, fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children; and

**WHEREAS**, the Men's Health Network worked with Congress to develop a national men's health awareness period as a special campaign to help educate men, boys, and their families about the importance of positive health attitudes and preventive health practices; and

**WHEREAS**, the Men's Health Month website has been established at www.MensHealthMonth.org and features resources, proclamations and information about awareness events and activities, including Wear Blue for Men's Health; and

**WHEREAS**, Men's Health Month in Ocala will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and

**WHEREAS**, the citizens of this city are encouraged to increase awareness of the importance of a healthy lifestyle, regular exericse and medical check-ups.

**NOW, THEREFORE**, I, Kent Guinn, by virtue of the authority vested in me as Mayor of the City of Ocala, Florida, do hereby proclaim the month of June 2019 as

**MEN'S HEALTH MONTH**

in Ocala and I encourage all citizens to pursue preventative health practices and early detection efforts.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Ocala, Florida, to be affixed this 11th day of March 2019.

Kent Guinn, Mayor
City of Ocala