

RESOLUTION 163(21)

May 12, 2021

WHEREAS, the purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys; and

WHEREAS, Men's Health Week always begins on the Monday before Father's day and ends on Father's Day itself. It is part of National Men's Health Month, a month-long recognition of men's health with activities and events to remind men to take care of their bodies; and

WHEREAS, this is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become more aware of problems they may have or could develop, and gain the courage to do something about it; and

WHEREAS, only 30% of a man's overall health is determined by his genetics, while 70% is controllable through lifestyle; and

WHEREAS, men live 4.4 years less than women. The top 3 reasons for reduced lifespan in men are cardiovascular disease, suicide and motor vehicle accidents; and


WHEREAS, men who are educated about preventive health are more likely to participate in health screenings; and

WHEREAS, this week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical treatment for disease and injury; and

WHEREAS, Men's Health Week will focus on a broad range of men's health issues, including heart disease, diabetes, prostate, testicular and colon cancers and encourage men to become more involved by seeking medical check-ups, exercising and living healthier lifestyles.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health recognizes and proclaims June 14-20, 2021 as National Men's Health Week and encourages men to pursue preventive health practices and early detection so that they can live a healthy and productive life.

Name	Bacchione	Blake	Crea	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓		✓	✓	✓	✓	✓
Abstain									
Nays									
Absent				✓					


Secretary/Treasurer