

RESOLUTION 159(23)

May 10, 2023

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 can be hard to find time to do the things we love to do, but Men's Health Week is a good reminder that health is also about happiness. Take a hike, go on a walk, play a round of golf, read a book, take a nap. Do what relaxes you! It's all healthy; 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 die at higher rates for the top causes of death; this includes deaths from cancer, diabetes, suicide, and accidents and diseases of the heart, kidney and liver; and

WHEREAS, taking control of your health by exercising, eating right and visiting your healthcare provider regularly all contribute to a better quality of life.; 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, County of Ocean, State of New Jersey recognizes and proclaims June 12-18, 2023 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	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Abstain									
Nays									
Absent				<input checked="" type="checkbox"/>					


Secretary/Treasurer