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Mayor Quan Issues Proclamation for Men's Health Week in the City of Oakland – June 10-16

(Washington, DC) – Mayor Jean Quan issued a proclamation designating the week leading up to and including Father's Day as *Men's Health Week in the City of Oakland*. This is a special awareness campaign to help educate men, boys and their families about the importance of positive health attitudes and preventive health practices.

“Men's Health Week in the city of Oakland will focus on a broad range of men's health issues, including heart disease, diabetes, prostate, testicular and colon cancer,” the proclamation said. **“The citizens of our city are encouraged to increase their awareness of how important a healthy lifestyle, regular exercise, and medical check-ups are to their life expectancy.”**

"Having grown up in Oakland, I'm proud that my hometown is taking a leadership role in increasing the public's awareness of men's health," said Armin Brott, nationally syndicated columnist and host of "Positive Parenting" on KOIT. **"Men--especially men of color--live shorter, less healthy lives than women, but it doesn't have to be that way. Guys are often so concerned with taking care of their family that they neglect their own health. But who's going to care for your wife and children if you'll get sick or die prematurely?"** said Brott, who also edits the popular blog, talkingaboutmenshealth.com .

In preparation for Men's Health Week in the City of Oakland, Men's Health Network (MHN) encourages health care professionals, private industry, faith-based organizations, community groups, insurance companies, and all other interested organizations and individual citizens, to organize and plan for activities and events, which will focus on men's health during the week of June 10-16. For ideas and open resources in both English and Spanish, visit www.menshealthmonth.org .

“We hope recognitions, such as Mayor Quan's for June 10-16 as Men's Health Week in the City of Oakland, will go a long way in encouraging the citizens to participate in male specific health activities the week leading up to Father's Day,” said Ana Fadich, MHN Vice

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President. **“Because of its impact on wives, mothers, daughters, and sisters, the health of men is truly a family issue and we want to get everyone involved in carrying for the men in their lives.”**

National [Men’s Health Week](#), sponsored by Senator Bob Dole and Congressman Bill Richardson, passed Congress and was signed into law by President Clinton, on May 31, 1994.

Men’s Health Week is organized by [Men’s Health Network](#) (MHN), a national 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 and follow them on Twitter @MensHlthNetwork.

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