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## FOR IMMEDIATE RELEASE

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### **Congressional Men's Health Caucus Celebrates 20<sup>th</sup> Anniversary of National Men's Health Week**

Dramatic improvement of health outcomes in the last two decades

*(Washington, DC)* – The Congressional Men's Health Caucus is celebrating *National Men's Health Week* (NMHW), which was passed by Congress and signed by President Bill Clinton in 1994. NMHW was sponsored by Senator Bob Dole and Congressman Bill Richardson and is celebrated each year as the week that ends on Father's Day, June 9-15 in 2014.

Recognizing that many health problems that affect men can be prevented, the week was designed to encourage men, boys and their families to develop positive health attitudes, engage in preventive behaviors, lead healthy lifestyles, and seek timely medical advice and care.

The Congressional Men's Health Caucus has a mission to raise awareness of male health issues among members of Congress and the general public. The Caucus has sponsored numerous briefings on topics ranging from prostate cancer screening to traumatic brain injury. The current chairmen of the Caucus are Rep. Jon Runyan (R-NJ) and Rep. John Carney (D-DE). The Men's Health Caucus has also established a Prostate Cancer Task Force to focus on issues relevant to men living with this disease and their loved ones. The Task Force is led by Rep. Jon Runyan and Rep. John Barrow (D-GA).

**"As we celebrate the 20th anniversary of National Men's Health Week, we are reminded of how far our country has come in improving the health and well-being of men and boys, but there is still a lot of work left to be done,"** said Congressman Runyan. **"As co-chair of the Congressional Men's Health Caucus, I am proud to celebrate this week and help raise awareness of health issues that affect men, boys, and their families."**

**"As co-chair of the Men's Health Caucus, I am proud to celebrate National Men's Health Week,"** said Congressman Carney. **"Many health problems that commonly affect men can be prevented entirely or improved with early detection. This week is about raising awareness and encouraging men to be proactive about their health to live longer, healthier lives."**

This important awareness period was built around the four pillars of Awareness-Prevention-Education-Family, and has resulted in countless campaigns that focus on raising awareness about health issues affecting men, boys and their families.

**“I’m living proof that early detection and preventive measures can save your life,”** said Congressman Barrow. **“As a prostate cancer survivor, I want to make sure folks are taking the steps necessary to prevent a catastrophic illness. Men’s Health Network is helping us spread the word about the importance of early detection and promoting men’s health. I’m proud to be a part of this organization, and I encourage men to do what’s necessary to lead a healthy lifestyle.”**

Men’s Health Network is proud to report that in the 20 years since its passage, NMHW has encouraged the development of thousands of health awareness activities throughout the month of June, both in the USA and around the globe. Corporations, hospital systems, clinics, the faith-based community, the public sector, and others use the month of June to highlight their services and reach out to men and their families.

Following the lead of Congress, governors of the states, joined by mayors of over 40 cities, have issued proclamations creating [Men’s Health Week](#) in their jurisdictions. Those can be viewed at:

<http://www.menshealthmonth.org/week/proclamation.html>

The 20 years of activity have seen encouraging improvements in the health and well-being of men and boys, with a dramatic improvement in life expectancy and surprising drops in key mortality indicators. There has been a steep drop among males in overall mortality, and corresponding improvements in the mortality rates for cancer and cardiovascular diseases. Tables illustrating those improvements can be found [here](#). <http://www.menshealthnetwork.org/library/mens-health-progress-1994-2014.pdf>

*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](http://www.menshealthnetwork.org) and follow them on Twitter @MensHlthNetwork.*

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