

# Men's Health Month Celebrated Every June



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## Active Men's Health Month Comes to a Close

**(WASHINGTON)** – Celebrated every year in June, Men's Health Month festivities and awareness activities reached new heights in 2016. Though Men's Health Month is coming to a close, the pursuit of living a healthier lifestyle continues.

As June wraps up, Men's Health Network (MHN) reflects back on [Men's Health Month](#) (MHM) and the 22nd anniversary of the Congressional passage of [National Men's Health Week](#) (NMHW).

**"Men's Health Month was a good time for reflection, taking a step back and recognizing that healthy men and boys translate to healthier families and communities,"** said Dr. Gregory Pecchia, Advisor to MHN. **"Getting men and boys covered for preventive and episodic healthcare is a priority so that the 'triple aim' of optimizing their health status, care experience (including quality, access and reliability) and cost of care can be realized."**

Highlights included:

- [Wear BLUE Day](#) (The Friday before Father's Day, June 17 this year) – Individuals from around the country wore blue in solidarity for men's health.
- Online Twitter chats – Focusing on minority men's health and international men's health.
- Congressional Men's Health Caucus Workout on Capitol Hill – With the Congressional Men's Health Caucus co-chairs, Congressmen Markwayne Mullin (OK-2) and Donald M. Payne, Jr. (NJ-10).
- Men's Health Events – In dozens of communities across the nation.

Throughout the month, but especially on Friday, June 17, individuals, families, workplaces, community organizations, and others participated in the [#ShowUsYourBlue](#) social media storm. Participants included the [U.S. Department of Health and Human Services \(HHS\)](#), [Office of Minority Health](#), [Centers for Disease Control and Prevention](#), the [National Healthy Start Association](#) (NHSA), and many more. Blue is recognized around the world as symbolizing the importance of men's health.

**"Wear BLUE Day creates a feeling of solidarity among those who are fighting to see men's health change for the better,"** said Ana Fadich, MHN Vice President. **"The small step of wearing blue goes a long way toward raising awareness for men's health, a great way for guys to get on the road to healthier lifestyles."**

MHN co-hosted two Twitter chats during the month. The first Twitter chat, using #MHMonth16 and working alongside the Office of Minority Health, dealt with minority men's health. The second discussed international men's health using #MensHealthWeek. This chat, with our international partners from Global Action for Men's Health (GAMH), explored men's health in places like Australia, Canada and the United Kingdom. After it all was said and done, the two chats garnered lots of buzz with millions of impressions and participation worldwide.

On Wednesday, June 22, Congressman Markwayne Mullin (OK-2), who co-chairs the Men's Health Caucus with Congressman Donald M. Payne, Jr. (NJ-10), led a Circuit Workout on Capitol Hill that was open to all Members and staffers. Over 70 people, including close to a dozen Members of Congress,

(more)

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participated in the workout in celebration of Men's Health Month.

Other highlights during [Men's Health Month](#) included:

- Congressman Donald M. Payne, Jr. (NJ-10) introduced a resolution for National Men's Health Week, co-sponsored by Congressman Markwayne Mullin (OK-2).
- MHN partnered with the American Public Health Association (APHA), Office of Minority Health, Advocates 4 Men's Health, Health Equity Analysis Lab (HEAL) and the APHA Men's Health Caucus, for a Men's Health Roundtable on Life Expectancy and Barriers to Men's Health.
- The Tesla Drive For Men's Health, led by Dr. Jamin Brahmhatt and Dr. Sijo Parekattil, went from Florida to New York City to California, with media stops along the way. The purpose of the Drive was to increase attention on healthy lifestyles, encouraging men to make health a priority.
- Key thought leaders in public health such as [Dr. Paul Turek](#) (a leader in men's reproductive and sexual health care and research), [Armin Brott](#) (Mr. Dad), [Dr. David B. Samadi](#) (Chairman of Urology and Chief of Robotic Surgery at Lenox Hill Hospital) and others contributed articles to the popular [Talking About Men's Health](#) blog.
- [Proclamations](#) from Governors and over 100 local officials were issued establishing [Men's Health Week](#) in their jurisdictions.
- Members of Congress and local officials were photographed with proclamations from their districts as seen here: [www.menshealthmonth.org/photo-gallery.html](http://www.menshealthmonth.org/photo-gallery.html)

Men's Health Month is built around the four pillars of Awareness-Prevention-Education-Family, and has encouraged the development of thousands of health awareness activities throughout the month of June, both in the USA and around the globe. Private companies, hospital systems, clinics, the faith-based community, fraternal organizations, the public sector, and others use the month of June to highlight their services and reach out to men and their families.

One of the key themes of men's health awareness in recent years has been a focus on mental as well as physical health, and the ways they are connected.

**“For too long, men have overlooked their mental health,”** said America Paredes, Senior Director of Partnerships & Community Outreach for Mental Health America (MHA). **“It's important for men to feel comfortable in talking about and addressing their mental health [before stage 4](#). Mental health is an essential part of their wellness, as this not only impacts the individual but their families as well.”**

For more information on men's health, visit [Talking About Men's Health](#). While on the blog, check out a recent article written by [Dr. Nancy C. Lee](#), Director of the Office on Women's Health and partner for Women's Health Week which was in May.

2016 Men's Health Month supporters include Pfizer, the Allergan Foundation, Boehringer Ingelheim, GlaxoSmithKline, and others.

### **About Men's Health Network**

*Men's Health Month 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 awareness messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. MHN is the promoter of Men's Health Month and Men's Health Week in June. Men can learn more about their health through MHN's new online resource center, [www.menshealthresourcecenter.com](http://www.menshealthresourcecenter.com) .*

Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow us on Twitter [@MensHlthNetwork](#) and Facebook at [www.facebook.com/menshealthnetwork](http://www.facebook.com/menshealthnetwork) .

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