

Men's Health Month

and Men's Health Week

a special awareness period recognized by Congress



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2017 Men's Health Month Reaches New Heights

Awareness Period for Men's Health Reaches Millions During Month of June

(WASHINGTON) – After reaching millions of people through festivities and awareness activities, Men's Health Month is wrapping up on this last day in June. Although the official awareness period 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 a very successful [Men's Health Month](#) (MHM) and the 23rd anniversary of the Congressional passage of [National Men's Health Week](#) (NMHW). This year the awareness periods again featured [proclamations](#) from governors, municipal leaders, and Native American communities. Meanwhile, awareness activities including health screenings and educational materials were utilized by millions of people.

"Men's health is something that we need to think about 365 days a year, not just during the month of June," says Dr. Jamin Brahmhatt, an urologist, advisor to Men's Health Network, and co-founder of Drive 4 Men's Health. "Men want to live healthier and be more active. They need encouragement and support from their families and health care providers."

Highlights included:

- [Wear BLUE Day](#) (the Friday before Father's Day, June 16 this year) – Individuals from around the globe posted photos of themselves in blue to show solidarity for men's health issues.
- Online Twitter chats – Focusing on mental health of black men and boys, and the role age plays in men's health, and Latino men's health. View stories on [MHN's Storify page](#).
- Congressional [Men's Health Caucus Workout](#) on Capitol Hill – With the Congressional Men's Health Caucus co-chairs, Congressmen Markwayne Mullin (OK-R) and Donald M. Payne, Jr. (NJ-D).
- MHN partnered with the Patient Centered Outcomes Research Institute (PCORI) to hold a briefing on Capitol Hill discussing shared decision making in prostate cancer. The briefing was followed by a [Facebook Live & Twitter Q&A](#) about patient-centered research on men's health issues.

Throughout the month – especially on Friday, June 16 – individuals, families, workplaces, community organizations, and others participated in the [#ShowUsYourBlue](#) social media storm. Participants included [Mercy Health System](#), [Medicare.gov](#), [HealthCare.gov](#), the [Southern Plains Tribal Health Board](#), the [Office on Women's Health](#), [Aerojet Rocketdyne](#), and dozens more. Blue is recognized around the world as symbolizing the importance of men's health.

"This June's Men's Health Month saw a significant increase in traffic across all traditional media and digital media platforms," said Ana Fadich, MHN Vice President. "Millions of people across the country were inspired to participate in some way to acknowledge the health of the men and boys in our communities. Events like our [Wear BLUE Day](#) were a hit, and are a crucial step in raising awareness for men's health."

(more)

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MHN co-hosted [Twitter chats](#) during the month of June. The first Twitter chat #MensHealthMonth #SaludTues addressed Latino men's health issues and the second #YouGoodMan chat, alongside our partners from the American Psychological Association (APA), dealt with mental health among African American men and boys. Another chat was co-hosted with ChapCare #ChapCareChat to discuss the importance of keeping up with the health needs that come with age. After all was said and done, the three chats reached more than 10 million impressions and participants worldwide.

On Friday, June 23, Congressman Markwayne Mullin (OK-R), who co-chairs the Men's Health Caucus with Congressman Donald M. Payne, Jr. (NJ-D), led a Circuit Workout on Capitol Hill that was open to all Members and staffers. Over 50 people, including a dozen Members of Congress, 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-D) introduced a resolution for National Men's Health Week, co-sponsored by Congressman Markwayne Mullin (OK-R).
- MHN partnered with the [Men's Health Caucus](#) of the American Public Health Association (APHA), Advocates for Men's Health, and Health Equity Analytics Lab (HEAL) for a Men's Health Roundtable on Men's Health and Genomic Medicine.
- 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), and others contributed articles to the popular [Talking About Men's Health](#) blog.
- The [Men's Health Month](#) website features [proclamations](#) from Governors and over 250 local officials and Native American communities recognizing Men's Health Month and 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
- MHN produced the 10th Annual MHN Men's Health Summit in Memphis, hosted by the University of Tennessee Health Science Center.

"Men's Health Month highlights the critical need for better education and advocacy around the health needs of boys and men. We were honored to work with Men's Health Network this month" said Lula Beatty, PhD and Senior Director, Health Disparities Office of the American Psychological Association. "We will continue our efforts to achieve optimal health for boys and men from marginalized communities."

[Men's Health Month](#) is built around four pillars: 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.

2017 Men's Health Month supporters include Endo Pharmaceuticals, Pfizer Inc, The Allergan Foundation, Sanofi, Genomic Health, Mental Health America, Veterans Health Council and HealthyWomen, among 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. Men can learn more about their health through MHN's new online resource center, www.menshealthresourcecenter.com

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