

# Men's Health Month

## Celebrated Every June



### FOR IMMEDIATE RELEASE

June 13, 2016

### Men's Health Week Turns 22

Celebrations include a Congressional Workout, Wear Blue Friday, and health screenings across the country.

(Washington, DC) – Men's Health Month (June) continues. This year marks the 22nd year since *National Men's Health Week* (NMHW), now part of Men's Health Month, was passed by Congress in 1994. NMHW is celebrated each year as the week that ends on Father's Day, June 13-19 in 2016, and is now celebrated around the globe as [International Men's Health Week](http://www.menshealthweek.org).

Following the lead of Congress, Governors and over 100 Mayors have issued proclamations announcing [Men's Health Week](http://www.menshealthweek.org) in their jurisdictions. Those can be viewed [here](http://www.menshealthweek.org).

Hundreds of workplaces, health care professionals, unions, sports franchises, faith-based and fraternal organizations, and others are engaging in activities to encourage healthy behavior among men and boys. These activities take the form of [Wear Blue](http://www.menshealthweek.org) campaigns, informational articles in corporate newsletters, lunch-n-learns, conferences, bulletin board displays, videos, community health fairs, and more. Many take advantage of the posters and logos available for download on the [Men's Health Month web site](http://www.menshealthmonth.org). A national focus is [Wear Blue Friday](http://www.menshealthweek.org), celebrated yearly as the Friday before Father's Day (June 17 this year).

**"The National Healthy Start Association (NHS) recognizes the important role that Dads play in healthy pregnancy outcomes and in early childhood outcomes,"** said Deborah L. Frazier, Chief Executive Officer, NHS. **"NHS also knows that it is important to keep our boys and men healthy! We are pleased to join our national partner, MHN and our local city affiliates in proclaiming Men's Health Month. Let's all work together to encourage men to take care of themselves and raise awareness about the importance of men's health."**

Congress participates, as do many federal and state agencies. The Congressional Men's Health Caucus takes the lead with floor statements and other activities, including a [Congressional Workout](http://www.menshealthweek.org) early in the morning of June 22.

(more)

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**“Men’s Health Week is a great time for a man to give his family his own ‘Father’s Day’ gift, his good health, said Ana Fadich, MHN Vice President. “It’s important that a man knows that his health and healthy habits are vital to a healthy family unit. We invite all men to take advantage of the many health screenings and awareness activities taking place in their communities during National Men’s Health Week.”**

The festivities include:

- Social media – Is alive with Twitter chats, Facebook postings, Infographics, downloadable posters/graphs, [Twibbon](#) campaigns, Pinterest Pins, and more.
- Free health screenings – Offered by health care providers across the country.
- [Wear Blue Friday](#) (on June 17 this year) – The #ShowUsYourBlue social media storm also on Friday, June 17. Participants include private companies, health clinics, public agencies, and more.
- [Congressional Workout](#) June 22 – A [Circuit Workout](#) for House members and their staff on Capitol Hill at 7:00 am ET sponsored by Congressional Men’s Health Caucus co-chairs Rep. Markwayne Mulin (OK) and Rep. Donald Payne, Jr. (NJ).
- [Talking About Men’s Health](#) – The leading men’s health blog, launches a series of blog posts by key thought leaders in the fields of men’s health and fatherhood.
- [Men’s Health Resource Center](#) – Celebrating its second anniversary, is quickly becoming the go-to web site for men’s health information.

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

*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 awareness 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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