

Men's Health Month

Celebrated Every June



FOR IMMEDIATE RELEASE

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It's not too Late to Show Your Blue for Men's Health Week

Celebrations include a Congressional Workout, Wear Blue Friday, and Health Screenings Across the Country.

(Washington, DC) - National Men's Health Week (NMHW) concludes this week with Wear Blue Friday, as part of Men's Health Month. Celebrated each year since its passing by Congress in 1994, NMHW is honored as the week that ends on Father's Day, June 12-18 in 2017, and is now celebrated around the globe as [International Men's Health Week](http://www.menshealthweek.org).

Wear Blue Friday encourages participants, including private companies, health clinics, and public agencies, to wear blue to work in support of men's health. Participants use the #ShowUsYourBlue hashtag on social media to show their support.

Following the lead of Congress, Governors and more than 250 Mayors, Native American communities, and other local officials have issued proclamations for [Men's Health Week](http://www.menshealthweek.org) in their jurisdictions. Those can be viewed [here](#).

"The importance of National Men's Health Week cannot be understated. It's crucial that a man knows his health and health routines are vital to a healthy family and community," said Ana Fadich, Men's Health Network Vice President. "We hope all men take advantage of the health screenings and awareness events taking place in their communities this week."

"Men need to make their health a top priority. All the success that men work towards when they are young means nothing when they live 5 years less, on average than their female counterparts," said Dr. Jamin Brahmabhatt, an urologist and advisor to Men's Health Network. "Healthy lifestyle choices made today will lead to a longer life. The conversation on the importance of good health needs to start at home. Just like families eat together, play sports together and vacation together – they should talk about their health together."

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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](#) campaigns, informational articles in corporate newsletters, lunch-n-learns, health screenings, 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](#). A national focus is [Wear Blue Friday](#), celebrated yearly as the Friday before Father's Day (June 16 this year).

"Fathers play a vital role in healthy pregnancy outcomes and in early childhood outcomes," said National Healthy Start Association (NHSA) Chief Executive Officer Deborah L. Frazier. "We are pleased to join our national partner, MHN and our local city affiliates in proclaiming Men's Health Month."

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](#) early in the morning of June 23.

The festivities include:

- ☐ Social media – Is alive with Twitter chats, Facebook postings, Infographics, downloadable posters/graphs, Pinterest Pins, and more.
- ☐ Free health screenings – Offered by health care providers across the country.
- ☐ [Congressional Workout](#) June 23 – 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 & follow on Twitter @MensHlthNetwork

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