

Rep. Townsend offered the following resolution:

House Resolution No. 319.

A resolution to declare June 13-19, 2016, as Men's Health Week in the state of Michigan.

Whereas, The week will begin with what is known as Blue Monday, a day where men, women, and children who wish to support the men in their lives are asked to dress in blue, and men are encouraged to plan exercise or a healthful activity to be a part of that day; and

Whereas, Maintaining good health and a healthy lifestyle should be a priority for men, parents, and boys throughout our state, as well as the medical community; and

Whereas, The State of Michigan and the medical community should work together to educate men and boys in the role of disease prevention, healthy lifestyles, and proper health. This initiative helps to inspire a lifelong dedication to maintaining a health centric lifestyle and increases the survivor rates of prostate cancer, as well as other diseases; and

Whereas, The efforts of Men's Health Week should strive to reverse trends of ignoring health concerns, participating in risky behaviors that threaten one's health, stigmatization of mental health concerns, and reluctance to take action and openly discuss one's health; and

Whereas, Men are 24 percent less likely than women to have visited a doctor within the past year. Yet, 12.1 percent of men 18 years and older are in fair or poor health; and

Whereas, As the result of advocacy and greater awareness of men's health, there has been visible progress, with reduced mortality from prostate cancer, testicular cancer, and men's suicide; more men living with prostate or testicular cancer and being physically and mentally well; men and boys understanding how to be mentally healthy and taking action when they experience mental health problems; and men and boys with mental health problems not facing discrimination; and

Whereas, Due to the fact that more than one-third of adults in the U.S. are obese, it is essential that we also focus on preventative health efforts. Encouraging healthy eating and positive nutrition will lead to greater levels of cardiovascular health and decrease rates of heart disease and diabetes in men. Men's Health Week should seek to encourage men and boys to take on a more healthy diet and a lifestyle with more exercise; and

Whereas, Men are at an increased risk to developing asthma, hypertension, diabetes, heart disease, and chronic obstructive pulmonary disorder. Therefore, it should be the mission of our state and local communities to increase awareness of these risks and our support networks across the state; and

Whereas, A man's health does not only affect himself, but his family as well. Therefore, Men's Health Week should also show support for strong families that support the men and boys of Michigan; and

Whereas, The determinations of Men's Health Week will work to create greater awareness of men's health concerns, widespread support for men and their families, and a culture of open dialogue about proactive and healthy lifestyles; now, therefore, be it

Resolved by the House of Representatives, That the members of this legislative body declare June 13-19, 2016, as Men's Health Week in the state of Michigan. We call this observance to the attention of all our citizens; and be it further

Resolved, That copies of this resolution be transmitted to the Men's Health Week Organization, Michigan Institute for Urology, and Men's Health Foundation with our highest esteem.