

THURSTON COUNTY

Proclamation

November

WHEREAS, worldwide men die an average of six years younger than women, and in Thurston County three years younger than women; and

WHEREAS, these deaths are largely preventable, by taking action to live healthier, happier, and longer lives; and

WHEREAS, in Thurston County last year 43 men died by suicide, 70% of all suicide deaths are men, and the suicide rate for men is higher compared to women; and

WHEREAS, 28% of Thurston County men do not have adequate social support - support to speak up and speak out should not be a stigma, and reaching out is crucial; and

WHEREAS, the top two leading causes of death for men in Thurston County are cancer and heart disease; and

WHEREAS, out of every 100 men, 13 will be diagnosed with prostate cancer in their lifetime, and the average age for being diagnosed with testicular cancer is 33; and

WHEREAS, in Thurston County only 23% of adult men are at a healthy weight, and 40% of men are not physically active enough or are inactive; and

WHEREAS, "MOVING " can reduce your risk of heart disease, diabetes, and cancer by up to 50% and lower your risk of early death by up to 30%; and

WHEREAS, in order to spark conversations and raise vital funds and awareness for men's health, Thurston County joins communities across our nation in challenging men to grow a moustache or make a commitment to get active and "MOVE", and encourages women to support these efforts.

NOW, THEREFORE, BE IT RESOLVED, the Board of Health hereby proclaims **November as Movember** in Thurston County and encourages all residents to increase public understanding of the importance of men's health and urges all members of our community to recognize this significant occasion and join the movement to change the face of men's health.

Adopted this fifth day of November, 2019

BOARD OF HEALTH



