

OFFERED BY COUNCILORS BRIAN WORRELL, SHARON DURKAN, BAKER, BREADON, COLETTA, FERNANDES ANDERSON, LOUIJEUNE, MURPHY AND FLYNN



## CITY OF BOSTON IN CITY COUNCIL

### RESOLUTION RECOGNIZING NOVEMBER AS MEN'S MENTAL HEALTH AWARENESS MONTH

- WHEREAS,** November is Men's Health Awareness Month, dedicated to bringing awareness to a wide range of men's health issues, with a particular emphasis on mental health; *and*
- WHEREAS,** Men tend to be more reluctant to seek help or treatment for their mental health struggles compared to women, as evidenced by the fact that men are almost half as likely to report seeking professional help for their mental health concerns; *and*
- WHEREAS,** The state of men's health in the United States reveals that the average life expectancy for men is almost 5 years less than women, around 15 million American adults (6.7% of the population) will be diagnosed with depression each year, 1 in 2 men will be diagnosed with cancer in their lifetime, more than one-third of adults (34.9%) in the United States are obese, and 12.1% of men aged 18 and over are in fair or poor health; *and*
- WHEREAS,** The reasons for the poor state of men's health are numerous and complex, including a lack of awareness and understanding of the health issues men face, men not openly discussing their health and how they're feeling, reluctance to take action when men don't feel physically or mentally well, men engaging in risky activities that threaten their health, and stigmas surrounding mental health; ***NOW, THEREFORE BE IT***
- RESOLVED:** That the Boston City Council recognizes November as Men's Mental Health Awareness Month, and encourages initiatives and discussions aimed at promoting men's mental health, reducing stigma, and fostering a healthier and more supportive environment for men to seek the help they need.

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