

Resolution No. R-024- 065
THE BOARD OF COUNTY COMMISSIONERS
OF THE COUNTY OF DOUGLAS, COLORADO

A RESOLUTION IN SUPPORT OF MEN’S HEALTH MONTH

WHEREAS, June is National Men’s Health month, a time to remind men of the health issues they face and the importance of taking charge of their health; and

WHEREAS, at every stage of life, men are encouraged to consider three equally important aspects of their health – physical health, mental health and social connection; and

WHEREAS, Men 15-65 years of age are significantly less likely than women to seek preventive care services, and they are more likely to report not having a primary care provider. Men are less likely to see a doctor or report symptoms to a health care provider; and

WHEREAS, the overall mortality rate is 41 percent higher for men than women, and it’s higher for men for 8 out of 10 leading causes of death – including heart disease, cancer, stroke and diabetes. 31 percent of men suffer depression in their lifetime and 9 percent of men have daily feelings of depression or anxiety; and

WHEREAS, mental health is an important determinant of overall health and quality of life at every age. Although men are more likely to suffer “deaths of despair” including alcoholism, overdose and suicide, they are far less likely than woman to seek out mental health services; and

WHEREAS, 40% of men have never spoken to anyone about their mental health; and

WHEREAS, research shows that people who experience loneliness and isolation are at increased risk of heart disease, stroke, dementia, depression and anxiety. In contrast, maintaining social connection promotes better physical and mental health, eases stress and even promotes a healthier immune system; and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children; and

WHEREAS, the County is engaged in multiple efforts to better understand men’s mental health in Douglas County and is exploring strategies for suicide prevention among men and identifying tailored, community-based opportunities to improve men’s mental health including working with local men’s groups to widely distribute Mental Health First Aid training; and

WHEREAS, the County Commissioners recognize June as Men’s Health Month and encourage all men to chart their course to improved health; keep up with health screenings and listen to their body when symptoms come up; make mental health a priority and take steps to manage stress and stay connected.

BE IT RESOLVED BY THE BOARD OF COUNTY COMMISSIONERS OF THE COUNTY OF DOUGLAS, that the Board of County Commissioners of the County of Douglas, Colorado,

PASSED AND ADOPTED this 21st day of May 2024, in Castle Rock, Douglas County, Colorado.

THE BOARD OF COUNTY COMMISSIONERS OF THE COUNTY OF DOUGLAS, COLORADO

DocuSigned by:
Geo. P. Teal
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George Teal

DocuSigned by:
Abe Laydon
2322EA9EBA95429...
Abe Laydon

DocuSigned by:
Lora L. Thomas
A4003FE630E6444...
Lora L. Thomas

ATTEST:

BY: *Hayley Hall*
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Hayley Hall, Clerk to the Board

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