



Proclaiming
Men's Health Month

Whereas, MEN'S HEALTH MONTH IS PART OF AN ONGOING INTERNATIONAL EFFORT TO EDUCATE MEN, BOYS AND THEIR FAMILIES ABOUT RECEIVING REGULAR DISEASE PREVENTION SCREENINGS AND LIVING HEALTHIER LIFESTYLES; AND

Whereas, NATIONWIDE LIFE EXPECTANCY FOR MEN AVERAGES FIVE YEARS FEWER THAN THAT OF WOMEN, WITH MEN EXPERIENCING HIGHER RATES OF HEALTH PROBLEMS SUCH AS DIABETES, OBESITY, CANCER, HEART DISEASE, AND PREMATURE MORTALITY, AND

Whereas, MEN'S HEALTH MONTH IS A TIME FOR THE PUBLIC TO RECOGNIZE THE MENTAL AND PHYSICAL HEALTH NEEDS OF MEN AND BOYS WHILE ENCOURAGING FATHERS TO BE ROLE MODELS FOR THEIR CHILDREN THROUGH PREVENTATIVE HEALTH SCREENINGS, HEALTHY LIVING AND SEEKING NEEDED HELP; AND

Whereas, THE CENTERPIECE OF MEN'S HEALTH MONTH IS NATIONAL MEN'S HEALTH WEEK, A SPECIAL AWARENESS PERIOD PASSED BY CONGRESS AND SIGNED INTO LAW BY PRESIDENT BILL CLINTON ON MAY 31, 1994; AND

Whereas, BY EDUCATING HEALTHCARE PROVIDERS AND THE GENERAL PUBLIC ABOUT THE VALUE OF A HEALTHY LIFESTYLE AND THE IMPORTANCE OF PREVENTATIVE CARE PRACTICES, WE HOPE TO RAISE LIFE EXPECTANCY AMONG MEN IN VENTURA COUNTY AND ACROSS THE COUNTRY BY SETTING A GOOD EXAMPLE TO FOLLOW; AND

Whereas, THE OLD KRANKS, A THOUSAND OAKS BASED SENIOR CYCLING CLUB, HAS BEEN PROMOTING A HEALTHY FITNESS-BASED LIFESTYLE SINCE IT BEGAN IN 1986, WHEN TWO CYCLISTS HERB BERGER AND JULES MEISLER DECIDED IT WOULD BE MORE FUN TO RIDE TOGETHER; AND

Whereas, TODAY THE OLD KRANKS CONSIST OF APPROXIMATELY 75 RIDERS, ALL OVER THE AGE OF 50, WHO TOGETHER RIDE IN VARIOUS LOCATIONS THROUGHOUT VENTURA COUNTY, OFFERING THREE DIFFERENT SKILL LEVELS SO THAT EVERYBODY CAN PARTICIPATE, SOCIALIZE, AND ENJOY A GOOD CUP OF COFFEE AFTER A NICE RIDE.

Now therefore let it be resolved, WE THE BOARD OF SUPERVISORS OF VENTURA COUNTY PROCLAIM JUNE 2024, AS MEN'S HEALTH MONTH IN VENTURA COUNTY.

Presented on this 18thst Day of June 2024

Chairman of the Board, Kelly Long, Supervisor 3rd District

Jeff Gorell, Supervisor 2nd District

Matt LaVergne, Supervisor 3rd District

Janice S. Parvin, Supervisor 4th District

Vianey Lopez, Supervisor 5th District