

MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 18

Proclaiming the month of June, 2025 as Men's Health Month in Multnomah County, Oregon

Multnomah County Finds:

- A. In recognition of Men's Health Month, and understanding the vital importance of holistic health and wellness, Multnomah County's ACHIEVE Coalition will host a community conversation featuring a panel of men who will share their personal health stories to break stigma, uplift mental wellness, and foster open, supportive dialogue around the barriers men face in accessing care and healing support. The County emphasizes the importance of regular annual holistic health and wellness screenings for men that connect the mind and body. We recognize that prioritizing all aspects of health is crucial for men's overall well-being, strengthening relationships, and fostering stronger communities.
- B. By embracing preventive health and culturally meaningful health-promoting practices, men can take control of their well-being, extend their lives, and strengthen their ability to be active, supportive family members. Choosing health screenings, such as diabetic foot screening, is a powerful step towards a healthier and more fulfilling future.
- C. Fathers, mentors and male trusted adults, who are educated and empowered to make health decisions, serve as role models and are essential to the well-being of our families and communities.
- D. Maintaining sexual health is critical for men, as it represents self-care and action that protects the family and the entire community. Health professionals recommend that every adult test for HIV at least once in their life. Testing for HIV and other Sexually Transmitted Infections regularly is advisable for any man who is sexually active.
- E. Friday, June 27th, 2025 is National HIV Testing Day. Multnomah County encourages all people to know their HIV status. This month men are encouraged to seek out a testing opportunity. Medical providers can connect you to a resource. Walgreens locations are providing free testing in honor of this day, and the Multnomah County Health clinics and Cascade AIDS Project offer testing in the community. Show your care for yourself and your community - learn your HIV status today.
- F. According to the Surgeon General, men over 60 are more likely to experience loneliness and isolation, compared to other age groups. In 2020, men aged 65-74 had a suicide rate of nearly 24.7 per 100,000, higher than the national rate of 13.5 per 100,000 according to the National Alliance for Mental Illness (NAMI).

- G. Nearly 1 in 10 men experience depression or anxiety, but less than half will receive treatment, according to the Anxiety and Depression Association of America. More than 6 million men suffer from depression, but due to stigma and a culture for men to “tough it out,” depression often goes undiagnosed. We encourage all men to seek help if they are feeling anxious, depressed, or otherwise mentally unwell. A great tool for combating loneliness is the Senior Loneliness Line, a free hotline that people ages 60 and older can call when they want to talk to someone between 5:30 a.m. to 11:30 p.m., seven days a week. The number for the Senior Loneliness Line is 800-282-7035 or 503-200-1633. If there is a neighbor, elder, parent, or friend in your life who would benefit from connection, reach out. You never know when your friendship is most needed.
- H. Social connection significantly improves the health and well-being of all individuals and reduces the risk of premature mortality. It can predict better physical and mental health outcomes and ease stress. Higher levels of connection can influence health-related behaviors.

Multnomah County Proclaims:

Multnomah County proudly declares June as Men's Health Month in Multnomah County, Oregon. We urge men to prioritize their well-being by taking active steps toward overall health, including mental and physical health. We are issuing a call to action for all men to take charge of their health and well-being. We encourage men to:

- **Know their numbers:** Schedule regular check-ups with healthcare providers to understand key health indicators such as blood pressure, HIV status, cholesterol levels, and blood sugars.
- **Eliminate or reduce consumption of alcohol, cannabis, tobacco, and vaping** to improve overall health and well-being.
- **Commit to at least one hour of physical activity** daily, whether it's walking, biking, cycling, or any activity that brings joy.
- **Practice mindfulness and de-escalation techniques** daily to manage stress and resolve conflict peacefully.

- **Tap into healthy ways to communicate.** Connect with others, seek support when needed, and lead by example, demonstrating the importance of self-care. Together, we build healthier, happier, and more fulfilling lives for ourselves, our families, and our entire community.

SIGNED this 4th day of June, 2025.

Myke W. Moy

Jessica Vega Pederson

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Jalil Brim Ebrahimi

REVIEWED:
JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON

By: *JM Madkour*

Jenny M. Madkour, County Attorney

SUBMITTED BY: Commissioner Vince Jones Dixon, District 4