



CITY OF COSTA MESA, CALIFORNIA

# Proclamation

**WHEREAS**, Movember started in Australia in 2003 and has since become a global movement with over 6 million MoBros and MoSisters part of the initiative today; and

**WHEREAS**, is uniquely observed to address the global health crisis among men and raise awareness for the three biggest health issues facing men: mental health and suicide prevention, prostate and testicular cancer; and

**WHEREAS**, men's health is in crisis, and they are dying on average five years earlier than women, largely for preventable reasons; and

**WHEREAS**, 1 in 7 men will be diagnosed with prostate cancer in his lifetime, and treatment options for prostate cancer vary depending on a man's age, stage, and grade of his cancer, as well as other existing medical conditions, and testicular cancer, is the most common cancer in males between the ages of 15 and 34; and

**WHEREAS**, 1 in 4 adults in the U.S. will experience a mental health problem in any given year, and 87 men in the U.S. die by suicide every day; and

**WHEREAS**, the City of Costa Mesa is committed to raising awareness about men's health issues and their effect on fathers, sons, brothers, uncles, and husbands across Costa Mesa and the world; and

**WHEREAS**, the City of Costa Mesa encourages its residents to talk about their mental health and commit to a stigma-free culture; and

**WHEREAS**, the City of Costa Mesa joins communities across our nation to challenge men to grow and make a commitment to get active and MOVE.

**NOW, THEREFORE**, I, John B. Stephens, Mayor of the City of Costa Mesa, do hereby proclaim November 2023 as **Movember**, and urge all Costa Mesa residents to join in the movement to change the face of men's health.

**PRESENTED** this 7th day of November 2023.

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**John B. Stephens**, Mayor of the City of Costa Mesa