



Republic of Palau
Office of the President

Tommy E. Remengesau, Jr.
President

P.O. Box 6051, Palau, PW 96940
Tel. (680) 767-2403/2828
Fax. (680) 767-2424/1662
Email: rop.president@palaunet.com

PRESIDENTIAL PROCLAMATION NO. 18-229

*Declaring the month of February as Male Health Awareness Month in Palau
Be Strong, Be Healthy and Be Happy*

WHEREAS, there is an essential need to encourage our fathers, husbands, uncles, brothers, sons and male friends to be more cognizant of their own health and wellness for our mothers, wives, aunties, sisters, daughters and female friends; and

WHEREAS, with the changing roles of males and females, our men have lost touch with some of their roles and values; and

WHEREAS, as the Palauan community and family has become more westernized it has slowly moved away from traditional worldviews; and

WHEREAS, the family is becoming more nuclear and traditional obligations that involves economic exchange is leading to family stress, domestic violence, extramarital affairs, divorce, substance use and even leads to poor male health; and

WHEREAS, obesity, lack of physical activity, the use of tobacco products, the consumption of alcoholic beverages and poor nutritional intake such as eating foods high in sugar, salt and fat leads to diabetes mellitus and other non-communicable diseases that have major health effects on the male population; and

WHEREAS, everyone in the community needs to be involved in the campaign to urge our fathers, husbands, uncles, brothers, sons and male friends to recognize the value of preventive health and to be screened regularly for the health of our nation, communities, families and our children; and

WHEREAS, we as a community must unite, as one voice, and to support this endeavor and also urge each other in accessing all available services in our communities; and

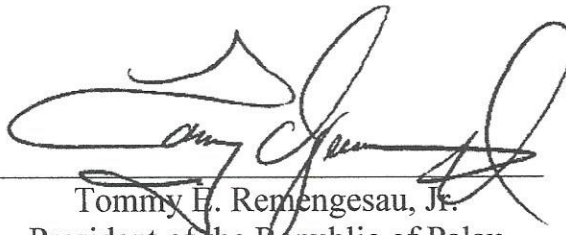


WHEREAS, by taking this step means that we, as a community, must take on a “Healthy Lifestyle” approach by choosing to be physically active and strive to achieve a healthier diet low in salt, fat, and sugar, tobacco, alcohol, stress; and

WHEREAS, by our collective effort to support and advocate good health and life style changing to reducing and/or preventing all forms of diseases, we hope to see a healthier future;

NOW, THEREFORE, I Tommy E. Remengesau, Jr., President of the Republic of Palau, do hereby declare the entire month of February as Male Health Awareness Month and urge everyone this month to take part in observance and promote and partake in activities designed to advance the cause of awareness, prevention of illnesses and improvement of all health, and especially male health.

SO PROCLAIMED this 1st day of February 2018 at the National Capitol in Ngerulmud, Republic of Palau.



Tommy E. Remengesau, Jr.
President of the Republic of Palau