



MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: 09/23/13)

Board Clerk Use Only

Meeting Date: 7/2/15
Agenda Item #: R.2
Est. Start Time: 10:00 am
Date Submitted: 6/24/15

Agenda Title: **Proclaiming July 2, 2015 as Bring Your Dad to the Doctor Day in Multnomah County, Oregon**

Note: Title should not be more than 2 lines but sufficient to describe the action requested. Title on APR must match title on Ordinance, Resolution, Order or Proclamation.

Requested

Meeting Date: July 2, 2015 **Time Needed:** 20 minutes

Department: Non-Departmental **Division:** District 2

Contact(s): Colin McCormack/Commissioner Loretta Smith

Phone: 503-988-5219 **Ext.** 85219 **I/O Address:** 503/6

Presenter

Name(s) &

Title(s): Commissioner Smith and Invited Guests

General Information

1. What action are you requesting from the Board?

Adopting a proclamation declaring July 2, 2015 as Bring Your Dad to the Doctor Day in Multnomah County, Oregon.

2. Please provide sufficient background information for the Board and the public to understand this issue. Please note which Program Offer this action affects and how it impacts the results.

The current County wellness campaign is called "Taking Charge! The Seven Dimensions of Wellness." Designed by a team of employees from across the County, the Taking Charge! Campaign is all about the Seven Dimensions of Wellness:

- Emotional
- Intellectual
- Physical
- Social
- Environmental
- Financial
- Sense of Purpose
-

When we think of wellness, "good health" is often the first thought that comes to mind. Good health is often defined as "not being sick" or as being physically fit.

But, *wellness* encompasses much more than the physical state of our bodies. It's all about doing things that help us feel better - in our relationships, at work, in our emotions,

minds, and bodies, and in the greater world around us. *Wellness is defined as a dynamic process of learning new life skills and becoming aware of and making conscious choices toward a more balanced and healthy lifestyle... Through a balance in these seven dimensions, individuals develop their own resources and capacity to continue a healthy lifestyle and positively engage in all facets of their life (e.g., work, community, family).* By choosing to learn and enhance skills across these Seven Dimensions, individuals can achieve their optimum wellness despite having a chronic condition.

According to Dr. Harvey B. Simon, Associate Professor of Medicine at Harvard Medical School, "Men die younger than women, more frequently than women, and have more chronic illnesses than women." Diseases and conditions such as AIDS, gout, kidney stones, alcoholism, bladder cancer, heart attacks, aortic aneurysms and duodenal ulcers are more common in males than in females.

Heart disease is the leading cause of death for men in the United States, killing 307,225 men in 2009 - that's 1 in every 4 male deaths. It is also the leading cause of death for most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.

Men are less likely than women to see a doctor. Minority men are less likely to get timely preventive care, such as flu shots and colonoscopies which can contribute to preventable health inequities.

It is imperative that we emphasize healthy behaviors and preventive care for those who are at risk for heart disease, cancer, accidents, chronic lower respiratory diseases, strokes, Type 2 diabetes, suicide and other conditions or diseases. As a county, it is necessary to ensure healthcare access and community conditions that support healthy living and strong families.

By providing opportunities to visit health professionals for regular checks, Multnomah County is providing men with resources and services to live happy, healthy, productive lives in our community. On this day, families and friends are encouraged to take their dad to the doctor.

3. Explain the fiscal impact (current year and ongoing).

n/a

4. Explain any legal and/or policy issues involved.

n/a

5. Explain any citizen and/or other government participation that has or will take place.

n/a

Required Signature

**Elected
Official or
Department**

Director: Loretta Smith /s/

Date: 6/24/15

Note: Please submit electronically. Insert names of your approvers followed by /s/ - we no longer use actual signatures. Please insert date approved.