PROCLAMATION

WHEREAS, Since 1619, when the first black woman arrived on the shores of Virginia, black women have been taking care of their capturers and their families, their own children and families, their communities, and their churches. Historically and currently black women put others' needs before their own resulting in trauma and damage to their health and wellbeing, which affects every aspect of their lives; and

WHEREAS, Black women are disproportionately affected by heart disease, stroke, diabetes, breast and cervical cancers, fibroids, premature/high-risk deliveries, sickle cell/sickle cell crisis, sexually transmitted diseases, and mental health issues; and

WHEREAS, Healthcare disparities disproportionately affect black women more than any other group of women in the United States and black women are dying at an alarming rate from preventable diseases and unresolved health issues; and

WHEREAS, It is imperative to bridge the gap between black women and healthcare through education and by promoting the awareness of possible health risks and the importance of self-care, health awareness, and healthy living; and

WHEREAS, Studies show that practicing self-care is first and foremost essential to physical health and mental wellbeing; however, self-care is often neglected, and it is even harder for black women to practice due to "superwoman" expectations; and

WHEREAS, The benefit of self-care includes reducing diabetes, heart disease, stress, and symptoms of depression. Practicing daily self-care is the single most powerful thing a black woman can do to take control of her health and wellbeing and by communicating clearly, speaking up for herself, and saying yes to her health; and

WHEREAS, Black Women 4 Healthy Living will continue to work to empower black women in the greater Des Moines area to practice healthy living resulting in a strong mind, body, and spirit.

NOW, THEREFORE, I, T. M. FRANKLIN COWNIE, MAYOR OF THE CITY OF DES MOINES, ON BEHALF OF THE CITY COUNCIL AND THE RESIDENTS OF DES MOINES, DO HEREBY PROCLAIM THE MONTH OF SEPTEMBER 2021, AS:

"SELF-CARE MONTH"

AND I ENCOURAGE ALL RESIDENTS TO CELEBRATE AND RECOGNIZE THE IMPORTANCE OF SELF-CARE AND TAKING CONTROL OF YOUR HEALTH AND WELLBEING.

IN WITNESS WHEREOF, I HAVE HERETOunto set my hand and caused the seal of the City of Des Moines, Iowa to be affixed this thirteenth day of September two thousand twenty-one.

T. M. FRANKLIN COWNIE, MAYOR
CITY OF DES MOINES