

# City of Portsmouth

## *Proclamation*

- Whereas,* Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about receiving regular disease prevention screenings, and living healthier lifestyles; and
- Whereas,* Nationwide, life expectancy for men averages five years less than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality; and
- Whereas,* Men's Health Network is recognized for its esteem in the creation of, maintenance, and championing of National efforts of officially distinguished Men's Health Month and Men's Health Week, as established in 1994; and
- Whereas,* Men's Health Month is a time for the public to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models for their children through preventive health screenings, healthy living, and seeking needed help; and
- Whereas,* the Men's Health Month website has been established at [www.MensHealthMonth.org](http://www.MensHealthMonth.org) and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men's Health; and
- Whereas,* the growing epidemic of suicide and substance abuse requires special effort to raise awareness of unrecognized and undiagnosed depression and mental stress in boys and men; and
- Whereas,* the centerpiece of Men's Health Month is National Men's Health Week, a special awareness period passed by Congress and signed into law by President Bill Clinton on May 31, 1994, and officially facilitated yearly by the efforts of Men's Health Network.
- Now, Therefore, I,* Shannon E. Glover, Mayor of the City of Portsmouth, Virginia, do hereby proclaim the week of June 9 – 15, 2025, as

### *"National Men's Health Week"*

in Portsmouth, and encourage all our citizens to pursue preemptive health practices and early detection efforts.

*In Witness Whereof,* and on behalf of the Portsmouth City Council, I have hereunto set my hand and caused the Seal of Portsmouth, Virginia, to be affixed this first day of June, two thousand twenty-five.



*Shannon E. Glover*  
Shannon E. Glover  
Mayor