

City of Hampton
Virginia

Proclamation

RECOGNIZING

JUNE 9-15, 2025, AS MEN'S HEALTH WEEK

AND

JUNE 2025 AS MEN'S HEALTH MONTH

IN THE CITY OF HAMPTON, VIRGINIA

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;

WHEREAS, nationwide, life expectancy for men averages five years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality;

WHEREAS, Men's Health Network is recognized for their efforts in the creation of, maintenance, and champion over national efforts of officially designating Men's Health Month and Men's Health Week, as established in 1994;

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;

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;

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; and

WHEREAS, the citizens of Hampton are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise and medical check-ups.

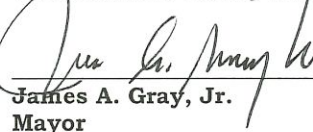
NOW, THEREFORE, I, James A. Gray, Jr., Mayor, on behalf of the City Council of the City of Hampton, Virginia, do hereby recognize the week leading up to and including Father's Day as

MEN'S HEALTH WEEK

and the month of June 2025 as **MEN'S HEALTH MONTH** in the City of Hampton, Virginia. Furthermore, I encourage all of our citizens to pursue preventative health practices and early detection efforts.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Hampton, Virginia, to be affixed, this First Day of June, Two Thousand and Twenty-Five.


James A. Gray, Jr.
Mayor