

# Proclamation



## MEN'S HEALTH WEEK

JUNE 9–15, 2025

**WHEREAS**, Men's Health Week 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 fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, stroke, and premature mortality; and

**WHEREAS**, among data from the Centers for Disease Control, the incidence of heart disease and stroke is higher among men, with heart disease affecting 3.1% of men vs. 2.9% of women, and stroke affecting 3.4% of men vs. 3.0% of women, and notably, smoking being a modifiable and major risk factor contributing to heart disease in men; and

**WHEREAS**, Men's Health Week is a time for the public to recognize both the mental and physical health needs of men and boys while encouraging fathers to be role models for their children through preventative health screenings, healthy living, and seeking help when needed; and

**WHEREAS**, the growing epidemics of suicide and substance abuse require special efforts to call attention to unrecognized and undiagnosed depression and mental stress in boys and men; and

**WHEREAS**, DC Health, our city's health department, supports the work of community partners such as the Men's Health Network in bringing awareness to the need for families to ensure that the men and boys in their lives schedule regular visits with their primary care doctors as well as regular preventative screenings:

**NOW, THEREFORE, I, THE MAYOR OF WASHINGTON, DC**, do hereby proclaim June 9 -15, 2025 as Men's Health Week in Washington, DC, and do commend this observance to all Washingtonians.

