

Proclamation

CITY OF GLENDALE

Whereas, Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about the importance of preventive health screenings, early detection, and healthy lifestyles; and

Whereas, Nationwide, men have a life expectancy that is approximately six years shorter than that of women and experience higher rates of chronic disease, including diabetes, obesity, cancer, heart disease, and premature mortality; and

Whereas, Men's Health Month provides an opportunity to recognize the mental and physical health needs of men and boys, while encouraging fathers and caregivers to serve as positive role models through preventive care, healthy living, and help-seeking behaviors; and

Whereas, The growing epidemic of "Deaths of Despair", including deaths related to suicide, substance use disorders, alcohol misuse, and homelessness, underscores the urgent need to raise awareness of unrecognized and undiagnosed depression, mental stress, and emotional distress among 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 on May 31, 1994, and observed annually through the efforts of Men's Health Network to build health empathy, recognition, and understanding of the unique health needs facing men and boys.

NOW, THEREFORE, I, Jerry P. Weiers, Mayor of the City of Glendale, Arizona, on behalf of the City Council, do hereby proclaim the month of June 2026 as

MEN'S HEALTH MONTH

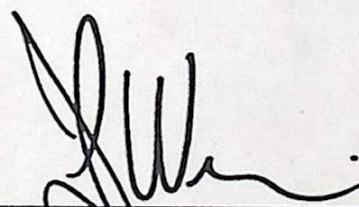
in the City of Glendale and encourage all residents to increase awareness of preventable health problems, support early detection and treatment of disease, and promote healthy lifestyles for men and boys in our community.

IN WITNESS WHEREOF, I have hereunto set my hand this 25^h day of March, 2026.

Attest.


CITY CLERK




MAYOR