



# Proclamation

Honoring

## Men's Health Month

June 2026

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

*Whereas, Men in the United States have a life expectancy that is roughly six years less than women and they experience higher rates of chronic diseases like diabetes, obesity, cancer, heart disease, and premature mortality; and*

*Whereas, recognizing the mental and physical needs of men and boys is a focus of Men's Health Month while also encouraging fathers and caregivers the chance 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 building health empathy, recognition, and understanding of the unique health needs facing men and boys; now, therefore I do hereby*

*Proclaim, that Albany County recognizes the month of May 2026 as*

## Men's Health Month

*and call upon the citizens, government agencies, public and private institutions, businesses, and schools in Albany County and to recommit the importance of men's health.*



*In witness thereof, I hereunto set my hand and cause the seal of the County of Albany to be affixed this 1st day of June 2026.*

*Daniel P. McCoy*

Daniel P. McCoy  
Albany County Executive