

PROCLAMATION

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, ALYIA GASKINS, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim June 2026 as:

"MEN'S HEALTH MONTH"

In the City of Alexandria.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 1st day of June 2026.



Handwritten signature of Alyia Gaskins in black ink.

MAYOR ALYIA GASKINS

On behalf of the City Council
of Alexandria, Virginia

ATTEST:

Handwritten signature of Gloria A. Sitton in black ink.

Gloria A. Sitton, CMC City Clerk