



Calvert County, Maryland

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 approximately six years shorter than 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 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 highlights the importance of National Men's Health Week, first observed following its passage by Congress in 1994, to build awareness and understanding of the unique health challenges facing men and boys.

NOW, THEREFORE, BE IT PROCLAIMED by the Calvert County Board of County Commissioners that June is recognized as Men's Health Month and June 14-21, 2026 is recognized as Men's Health Week. BE IT FURTHER PROCLAIMED that the Calvert County Board of County Commissioners encourages all residents to increase awareness of preventable health problems, support efforts that promote early detection and treatment of disease, adopt healthier lifestyles and participate in activities that improve the overall well-being of men and boys throughout the community.

Given under our hands and seal this 1st of June 2026.



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CALVERT COUNTY, MARYLAND

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