



PROCLAMATION

In the year of our Lord two thousand and twenty-six

***Recognizing June 15 through June 21, 2026, as Men's Health Week
in the City of Concord, New Hampshire.***

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 the adoption of healthy lifestyles; and

WHEREAS, nationwide, men have a life expectancy approximately six years shorter than that of women and experience higher rates of chronic diseases, including diabetes, obesity, cancer, and heart disease, as well as higher rates of premature mortality; and


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

WHEREAS, the growing epidemic of "deaths of despair" including those related to suicide, substance use disorders, alcohol misuse, and homelessness underscores the urgent need to raise awareness of unrecognized and untreated 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, first established by Congress and signed into law on May 31, 1994, and observed annually through the efforts of the Men's Health Network to build awareness, empathy, and understanding of the unique health challenges facing men and boys;

NOW, THEREFORE, I, Byron O. Champlin, Mayor of the Concord, New Hampshire, do hereby proclaim June 15–21, 2026, as Men's Health Week in Concord, New Hampshire, and encourage all residents to take proactive steps toward better health, including regular medical checkups, physical activity, balanced nutrition, and open conversations about mental well-being.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Concord, New Hampshire to be affixed this 14th day of April 2026.


Byron O. Champlin
Mayor