



PROCLAMATION

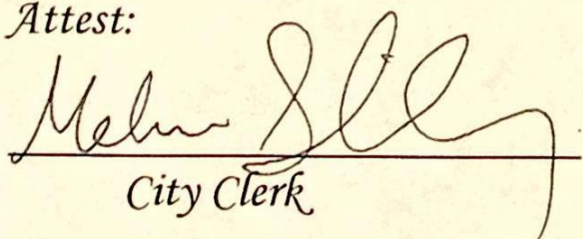
- WHEREAS, Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about the importance of preventative health screenings, early detection, and healthy lifestyles; and*
- WHEREAS, Nationwide, men have a life expectancy that is approximately six years shorter 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 preventative 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, CATHERINE S. READ, Mayor, of the City of Fairfax Virginia, do hereby proclaim June 15-21, 2026 as*

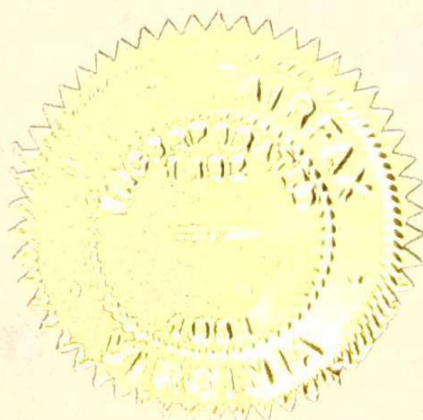
Men's Health Week

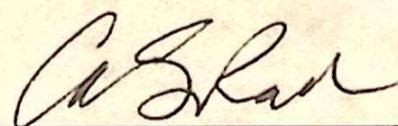
in the City of Fairfax and encourage all men to take proactive steps toward their well-being—prioritizing regular checkups, staying active, supporting mental health, and fostering open conversations. By making health a priority today, we strengthen not only individual lives but also families and communities for the future.

Done this first day of April 2026.

Attest:


City Clerk





Mayor