

# Proclamation

**WHEREAS**, Men's Health Month is a 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

**WHEREAS**, Men's Health Week is observed annually through the efforts of the Men's Health Network to build health empathy, recognition, and understanding of the unique health needs facing men and boys,

**NOW, THEREFORE, BE IT PROCLAIMED** that the Board of County Commissioners of Hillsborough County, Florida does hereby declare June 2026 as

## Men's Health Month

and June 15 through June 21, 2026 as

## Men's Health Week

in Hillsborough County, and encourages all residents and visitors to promote the health and well-being of boys, men, fathers, and families, in addition to helping reduce stigma and reinforcing the importance of prevention and early support.

Executed this 19th day of June, 2026



Ken Hagen  
Chair

Christine Miller  
Vice Chair

Awen Myers  
Chaplain

Harry Cohen

Donna Cameron Cepeda

Chai Blin

[Signature]

