



MEN'S HEALTH WEEK

WHEREAS, Men's Health Month is part of an international effort to educate men, boys, and their families about the importance of preventive health screenings, early detection, and living healthier lifestyles; and

WHEREAS, Nationwide, life expectancy for men averages six years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality; and

WHEREAS, Men's Health Network is recognized for their creation of, maintenance, and champion over national efforts of the distinguished Men's Health Month and Men's Health Week as established in 1994; 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 behavior; 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 by President Bill Clinton on May 31, 1994, and officially facilitated yearly by the efforts of Men's Health Network,

NOW, THEREFORE, I, William D. Tate, Mayor of the City of Grapevine, Texas, do hereby proclaim June 15 – 21, 2026 as

MEN'S HEALTH WEEK

in the City of Grapevine. All citizens are urged to pursue preventative health practices and early detection efforts.





Mayor, City of Grapevine

