

City of Hampton  
Virginia

# Proclamation

PROCLAIMING

**JUNE 15-21, 2026 AS MEN'S HEALTH WEEK**

AND

**JUNE 2026 AS MEN'S HEALTH MONTH**

**IN THE CITY OF HAMPTON, VIRGINIA**

**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;

**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;

**WHEREAS**, men who are educated about the value of preventative health will be more likely to participate in health screening;

**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;

**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

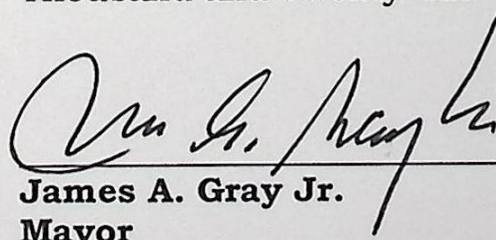
**WHEREAS**, the centerpiece of Men's Health Month is National Men's Health Week, a special awareness period passed by Congress and signed into law on May 31, 1994, and observed annually through the efforts of Men's Health Network to build health empathy, recognition, and understanding of the unique health needs facing men and boys.

**NOW, THEREFORE**, I, James A. Gray Jr, Mayor, on behalf of the City Council of the City of Hampton, Virginia, do hereby proclaim the June 15-21, 2026 as

**MEN'S HEALTH WEEK**

and the month of June 2026 as **MEN'S HEALTH MONTH** in the City of Hampton, Virginia. Furthermore, I encourage all of our citizens to pursue preventative health practices and early detection efforts.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Hampton, Virginia to be affixed, this First Day of June, Two Thousand and Twenty-Six.

  
James A. Gray Jr.  
Mayor

