

Cortland County Proclamation



Proclaiming June 2026 as Men's Health Month & June 15-21, 2026 as Men's Health Week in Cortland County

WHEREAS, Men's Health Month, observed annually in June, is part of an ongoing national and international effort to educate men, boys, and their families about the importance of preventive health screenings, early detection, and healthy lifestyles; AND

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

WHEREAS, Men's Health Month provides an opportunity to recognize the unique mental and physical health needs of men and boys, while encouraging fathers, caregivers, and role models to promote 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, and mental health challenges, underscores the urgent need to raise awareness of unrecognized and untreated mental health concerns among men and boys; AND

WHEREAS, the centerpiece of Men's Health Month is National Men's Health Week, first recognized by Congress in 1994, which seeks to increase awareness and understanding of the health issues affecting men and boys and to promote healthier communities; NOW THEREFORE BE IT

RESOLVED, that the Cortland County Legislature does hereby proclaim **June 2026 as Men's Health Month** and **June 15-21, 2026 as Men's Health Week in Cortland County**, and encourages all residents, healthcare providers, community organizations, and employers to raise awareness, promote healthy lifestyles, and support initiatives that improve the health and well-being of men and boys throughout Cortland County.

IN WITNESS WHEREOF, I have hereunto set my hand this 9th day of April, 2026.




Kevin Fitch, Chair
Cortland County Legislature