



# Proclamation

## *Recognizing the Continued Efforts to Support Men's Health*

**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. 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 preventive 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, Jim Donchess, MAYOR OF THE CITY OF NASHUA, NEW HAMPSHIRE**, do hereby proclaim **June 15 – 21, 2026, as Men's Health Week**, and encourage everyone to support the boys and men in their lives by being open and proactive, destigmatizing mental illness, reproductive health, and overall wellbeing initiatives.

**Jim Donchess, Mayor**  
City of Nashua, New Hampshire