

Proclamation

City of Pembroke Pines

MEN'S HEALTH MONTH

WHEREAS, Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about the importance of prevention 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 preventive care, healthy living, and help-seeking behaviors; and

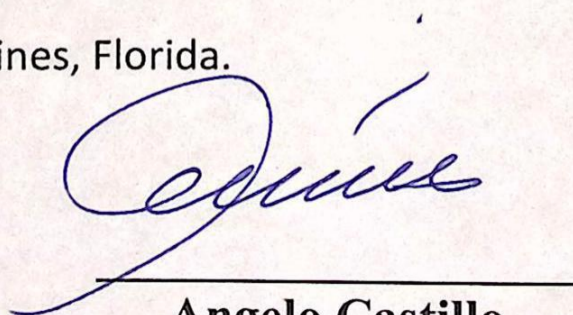
WHEREAS, the growing epidemic of "Deaths of Despair," including deaths related to suicide, substance use disorders, alcohol misuse and homelessness, underscores the urgent need to raise awareness of unrecognized and undiagnosed depression, as well as mental stress and emotional distress among men and boys; 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.

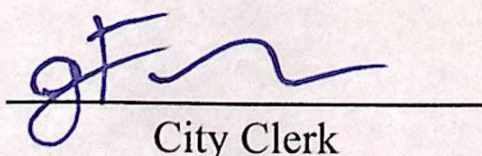
NOW, THEREFORE, I, ANGELO CASTILLO, Mayor of the City of Pembroke Pines, do hereby proclaim June 2026 as Men's Health Month and June 15-21, 2026, as:

MEN'S HEALTH WEEK

in the City of Pembroke Pines, Florida.



Angelo Castillo
MAYOR



City Clerk

