



By His Excellency Ned Lamont, Governor: an
Official Statement

*W*HEREAS, 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; and

*W*HEREAS, 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

*W*HEREAS, 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

*W*HEREAS, 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; now

*T*HEREFORE, I, Ned Lamont, Governor of the State of Connecticut, do hereby officially proclaim the month of June 2026 as

MEN'S HEALTH MONTH
in the State of Connecticut.



Ned Lamont

GOVERNOR