



STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, 2026 marks the 31st year of "National Men's Health Month"; and

WHEREAS, this month serves to educate men and their families about the importance of positive health attitudes and preventive health practices; and

WHEREAS, fathers who maintain healthy lifestyles serve as role models for their children; and

WHEREAS, despite advances in medical technology and research, men continue to live an average of six years less than women, with 14.2% of men in fair or poor health, and African American men experiencing the lowest life expectancy, approximately four years less than their white counterparts; and

WHEREAS, educating the public and health care providers about the importance of healthy lifestyles and early detection of male health issues can help reduce mortality from disease; and

WHEREAS, men who are informed about the value of preventive health practices are more likely to participate in routine health screenings; and

WHEREAS, New Jersey Men's Health Month focuses on a broad range of men's health issues, including heart disease, diabetes, and prostate, testicular, and colon cancers, with heart disease and cancer remaining the leading causes of death; and

WHEREAS, the residents of the Garden State are encouraged to increase awareness of the importance of healthy living, including regular exercise and routine medical checkups;

NOW, THEREFORE, I, Mikie Sherrill, Governor of the State of New Jersey, do hereby proclaim:

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

in New Jersey.



GIVEN, under my hand and the Great Seal of the State of New Jersey, this fourth day of May in the year two thousand twenty-six, the two hundred fiftieth year of the Independence of the United States.

Dale G. Callahan
Lt. GOVERNOR

Mikie Sherrill
GOVERNOR