

**CITY OF PALM BEACH GARDENS  
PALM BEACH COUNTY, FLORIDA  
PROCLAMATION**

*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; 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, mental stress, and emotional distress among boys and men; and*

*WHEREAS, 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; and*

*WHEREAS, in Palm Beach Gardens, Men's Health Month will focus on a broad range of men's health issues, including heart disease, mental health, diabetes, and prostate, testicular and colon cancer; and*

*WHEREAS, the citizens of Palm Beach Gardens are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.*

*NOW, THEREFORE, I, Dana P. Middleton, by virtue of the authority vested in me as Mayor of the City of Palm Beach Gardens, Florida, do hereby proclaim June 2026 as*

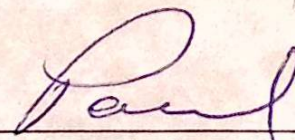
**MEN'S HEALTH MONTH**

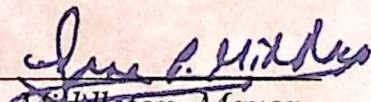
*and encourage all our citizens to pursue preventative health practices and early detection efforts throughout the year.*



*IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Palm Beach Gardens, Florida, to be affixed on this 4<sup>th</sup> day of June in the year Two Thousand and Twenty-Six.*

Attest:

  
Patricia Snider, CMC, City Clerk

  
Dana P. Middleton, Mayor