



WHEREAS, despite advances in medical technology and research, men’s life expectancy continues to average five years less than women’s, with men of Native American and African American ethnic backgrounds having the lowest life expectancy overall; and

WHEREAS, educating the public about the importance of a healthy lifestyle and early detection of male health issues will assist in reducing the number of deaths caused by detectable and preventable diseases; and

WHEREAS, men who understand the important role that preventative health can play in prolonging their lifespan and role as productive family members, will be more likely to participate in health screenings; and

WHEREAS, Men’s Health Week ends with Father’s Day, to celebrate fathers, and those who strive to maintain a healthy lifestyle, as they are role models for their children, their families, friends, colleagues, and their community; and

WHEREAS, Men’s Health Network worked with Congress to develop a national men’s health awareness period as a special campaign to help educate men, boys, and their families about the importance of positive health attitudes and preventative health practices.

NOW, THEREFORE, the Mayor and Council of the City of Rockville, Maryland, do hereby proclaim **June 15 - 21, 2026, Men’s Health Week and June 2026 Men’s Health Month**, and encourage the Rockville community to support increased awareness and the importance of a healthy lifestyle, regular exercise, and medical checkups for men and their families.




Monique Ashton, Mayor


Kate Pult, Councilmember


Izola (Zola) Shaw, Councilmember


Barry Jackson, Councilmember


Marissa Valeri, Councilmember


David Mytes, Councilmember


Adam Van Grack, Councilmember

June 1, 2026