

**Before the Board of County Commissioners
Martin County, Florida**

A Proclamation

**Declaring Men’s Health Month and National Men’s Health Week
in Martin County, Florida**

- 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,** 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, be it proclaimed by the Martin County Board of County Commissioners that June 2026 is Men’s Health Month and June 15-21, 2026 is National Men’s Health Week in Martin County, Florida.

Adopted this Nineteenth Day of May 2026

ATTEST:

BOARD OF COUNTY COMMISSIONERS

CAROLYN TIMMANN, CLERK OF THE
CIRCUIT COURT AND COMPTROLLER

SARAH HEARD, CHAIR

EDWARD V. CIAMPI, VICE CHAIRMAN

EILEEN VARGAS, COMMISSIONER

STACEY HETHERINGTON, COMMISSIONER

J. BLAKE CAPPS, COMMISSIONER