

## **Mayor Nancy Smith**

**Whereas**, Men's Health and Mental Health Month is part of an ongoing effort to educate men, boys and their families about preventive care, early detection, and healthier lifestyles; and

**Whereas**, men in the United States die on average 6 years earlier than women, often due to preventable health conditions; and

**Whereas**, men's health outcomes are deeply influenced by access to education, caregiving support, and engagement across their lifespan; with efforts being made to advance men's health education and advocacy, including Men's Health Month; and

**Whereas**, strengthening care partnerships improves health outcomes for men, families, and communities, with a strong focus on mental health awareness throughout the month to combat high suicide rates and stigma; and

**Whereas**, over 6 million men experience depression annually, with men dying by suicide at nearly four times the rate of women; and

**Whereas**, campaigns emphasize that asking for help is a sign of strength, not weakness, encouraging men to challenge traditional stoic roles by focusing on promoting regular sleep, physical exercise, stress reduction, and maintaining social connections.

**NOW, THEREFORE**, I, Nancy Smith, Mayor of the City of Maricopa, do hereby proclaim the Month of June 2026, as **Men's Health and Mental Health Month** to encourage individuals, families, employers and communities to support men's health through education, connection, and shared care.

Dated this 2<sup>nd</sup> day of June 2026

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Nancy Smith, Mayor