

To the Honorable Authorized Officer,

June includes Men's Health Month (MHM) and Men's Health Week (MHW) as special awareness periods, with Men's Health Week recognized by Congress as the week leading up to and including Father's Day (June 09-15 in 2025). In recognition of Men's Health Month, **we urge you to issue a proclamation in support of Men's Health Month or Men's Health Week**, as well as a press release encouraging men and boys to be aware of their health needs yearlong.

Men's Health Month is a time to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models through preventive health screenings, healthy living, and seeking needed help. The Covid-19 pandemic has had a devastating impact on men's health in the U.S., dropping male life expectancy by two years, according to a study by Oxford University.

Men's Health Month began in 1994 through the efforts of Men's Health Network and with the Congressional passage of Men's Health Week, sponsored by Senator Bob Dole (KS) and Congressman Bill Richardson (NM). Men's Health Week was signed by President Clinton, and became Public Law 103-264 on May 31, 1994.

As then-Congressman Bill Richardson noted at the time:

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." -Congressional Record, May 24, 1994, H3905

To help your community celebrate Men's Health Month, we maintain the 'Wear Blue' program website (WearBlueForMensHealth.com), coordinate 'Wear Blue Day' events (WearBlueDay.org), and offer a free MHN HealthZone planning kit (MHNHealthZone.com), designed to help organizations conduct their own events and awareness activities. A free MHM digital toolkit is available at MensHealthMonth.org.

Thousands of organizations across the country and around the globe participate in Men's Health Month, promoting the health and wellness of men, boys, fathers, and their families. We also sponsor health awareness fairs and events on Capitol Hill that are attended by hundreds of lawmakers and staff.

With the growing epidemic of suicide and substance abuse, we are again making a special effort to raise awareness of unrecognized and undiagnosed depression and mental stress in males. Yearly, we organize meetings for mental health groups and medical associations, produce white papers and journal articles, op-eds, radio and TV appearances, health fairs, and produce conference presentations.

We ask that you help to raise awareness of critical health issues that affect so many boys, men, and families. Please take this time to encourage males in your community to engage in healthy behaviors, obtain regular screenings, and to seek help when needed by issuing a proclamation declaring June as Men's Health Month in your community. Your proclamation will be displayed in Congress and, with your permission, a copy will be placed on MensHealthMonth.org for the citizens of your state and across the nation to view.

For convenience, enclosed is a sample proclamation.

Please send proclamations to:

***Men's Health Network,
P.O. Box 77476,
Washington, DC 20013***

Thank you for your essential assistance in promoting health awareness in your community. If you include additional copies of the proclamation, we will present them to your Congressional delegation. Please also consider participating in 'Wear Blue Day,' on Friday, June 13, 2025, and post your 'Wear Blue' photos to social media and with the hashtag #ShowUsYourBlue.

Sincerely,
The Men's Health Network Team