

2026-41

RESOLUTION

PROCLAMATION MIDDLETOWN MEN'S HEALTH MONTH (MHM) 2026

- 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 screening, 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 a 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.

THEREFORE, BE IT

- RESOLVED: That the Town Council of the Town of Middletown hereby proclaims the Month of June 2026 as MENS HEALTH MONTH and proclaims June 15<sup>th</sup>-June 21<sup>st</sup> as Men's Health Week in the Town and encourages all residents to participate in the workshops, activities, and programs offered this month. We further urge every resident to take this time to invest in their personal health.

IN WITNESS WHEREOF, We have hereunto set our hands and caused the seal of the Town of Middletown to be affixed this 20<sup>th</sup> Day of April A.D. 2026.

Paul M. Rodrigues

Paul M. Rodrigues, President  
Middletown Town Council

Thomas W. Welch, III

Thomas W. Welch, III  
Councillor

Peter D. Connerton, Sr.

Peter D. Connerton, Sr.  
Councillor

Christopher M. Logan

Christopher M. Logan  
Councillor

Charles R. Roberts

Charles R. Roberts  
Councillor

Dennis B. Turano

Dennis B. Turano  
Councillor

Barbara A. VonVillas

Barbara A. VonVillas  
Councillor

APRIL 20, 2026

READ AND PASSED IN COUNCIL

Wendy J. W. Marshall

Wendy J. W. Marshall, MMC  
Town Clerk