

STATE OF NORTH DAKOTA

PROCLAMATION

MEN'S HEALTH WEEK JUNE 15-21, 2026

WHEREAS, Men's Health Month is part of an ongoing international effort to educate men, boys and their families about the importance of preventative health screenings, early detection and living healthy lifestyles; and

WHEREAS, nationwide, life expectancy for men averages six years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease and premature mortality; and

WHEREAS, Men's Health Month is 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 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, as Governor of the State of North Dakota, I do hereby proclaim
June 15-21, 2026, MEN'S HEALTH WEEK in the State of North Dakota.





Kelly Armstrong
GOVERNOR

ATTEST: 

Michael Howe
SECRETARY OF STATE