

DR. MATT HEINZ

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Pima County Board of Supervisors

To: Melissa Manriquez, Clerk of the Board

From: Matt Heinz, Supervisor, District 2

Date: June 4, 2026

RE: June 9, 2026, Addendum Agenda: Men's Health Week Proclamation

A handwritten signature in blue ink, appearing to read "M. Heinz", is written over the "From:" line.

Please add this item to the June 9th Addendum Agenda. Thank you.

Board of Supervisors:

Discussion/Direction/Action: Proclaiming June 15th through 21st, 2026 to be: Men's Health Week in Pima County.

cc: Jan Leshar, Pima County Administrator
Steve Holmes, Deputy County Administrator
Theresa Cullen, MD, MS, Public Health Director, Health Department

PROCLAMATION

WHEREAS, nationally, men have a life expectancy nearly six years shorter than women and experience higher rates of chronic disease, high blood pressure and suicide; and

WHEREAS, nearly 1 in 3 men in Arizona have not had a routine checkup with a doctor in the past year, increasing the risk that conditions may go undetected until they become serious; and

WHEREAS, preventable injuries such as overdoses, falls, motor vehicle crashes, and drownings are the leading cause of early death among men in Pima County; and

WHEREAS, suicide continues to disproportionately impact men in Pima County, with men over 75 years of age experiencing the highest suicide rates; and

WHEREAS, in the last 6 years, more than 2,000 men in Pima County lost their lives to drug overdoses, representing nearly 75% of all overdose deaths locally; and

WHEREAS, Men's Health Month is part of an ongoing national and international effort to educate men, boys, and their families about the importance of preventative health screenings, mental health support, healthy eating, exercise, and other lifestyle habits that improve quality of life and reduce the burden of disease and injury; and

NOW, THEREFORE, BE IT RESOLVED that the Pima County Board of Supervisors hereby proclaims June 15 through June 21, 2026, to be:

"MEN'S HEALTH WEEK IN PIMA COUNTY"

and encourages everyone to promote preventative care, regular screenings and mental health support that make healthy choices more accessible.

BE IT FURTHER RESOLVED that the Board affirms that seeking support for mental and physical health are signs of strength and responsibility and that all residents of Pima County are invited to join efforts that reduce stigma, prevent avoidable loss, strengthen families and social connection, and support men and boys in living full, healthy, connected and dignified lives.

PASSED AND ADOPTED this 9th day of June 2026.

The Honorable Jennifer Allen, Chair
Pima County Board of Supervisors

ATTEST:

Melissa Manriquez, Clerk
Pima County Board of Supervisors