

Men's Health Week 2026 Begins Today: National & International Observance Encourages Men to Prioritize Their Health

Founded by Men's Health Network, Men's Health Week Continues More Than Three Decades of Advocacy, Awareness, & Action

WASHINGTON, DC, UNITED STATES, June 15, 2026 /EINPresswire.com/ -- Today marks the beginning of Men's Health Week 2026, a national observance dedicated to raising awareness of preventable health conditions, encouraging early detection and screening, and helping men and boys take proactive steps toward healthier lives.

Observed annually during the week ending on Father's Day, Men's Health Week ([MHW](#)) was established through H.J.Res. 209 and signed into law as Public Law 103-264 in 1994. Founded by Men's Health Network ([MHN](#)), the observance has grown into a nationwide and international movement focused on education, prevention, and improving health outcomes for men and boys.

Today, MHW serves as the foundation for International Men's Health Week (IMHW), bringing together advocates, healthcare providers, employers, community organizations, researchers, and policymakers across the United States and around the world to address the unique health challenges facing men and boys.

"Men's Health Week is an opportunity to remind men that prevention matters, early detection saves lives, and seeking care is a sign of strength—not weakness," said Jennifer Thompson, Vice President at Men's Health Network. "When men live longer, healthier lives, families are stronger, workplaces are healthier, and communities thrive day-to-day."

Despite advances in healthcare, significant challenges remain:



TODAY STARTS
MEN'S HEALTH WEEK

This year, we're supporting emotional well-being through connection & shared care.

Support Loved Ones | Share Health Concerns

Grab FREE Men's Health Resources

Everything you need to have an impactful health-forward conversation this June!

[MensHealthMonth.org](#)

MHN
Men's Health Network
menshealthnetwork.org

International Men's Health Week (IMHW)
2026 - June 15–21, 2026: Uplifting Fatherhood

- Men die nearly six years earlier than women on average.
- Men experience higher mortality rates for many leading causes of death.
- Men are less likely to engage in preventive healthcare.
- Men account for nearly 80% of suicide deaths in the United States.
- Many chronic conditions go undetected until they become more serious and difficult to treat.

Throughout the week, MHN and its partners will highlight key issues affecting men and boys across the lifespan through the 2026 theme:

Partners in Care:
Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — For Better Lifespans

Daily Themes for Men's Health Week 2026

Monday, June 15
Men & Mental Health
Care Partnerships



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*Jennifer Thompson, VP at
MHN*

Tuesday, June 16
Living with Chronic Conditions
Preventive & Proactive Care

Wednesday, June 17
Men Are Dying Earlier
Addressing the Lifespan Gender Gap

Thursday, June 18
Caring Across Generations
Care as Partnership

Friday, June 19
Health at Work
Blue-Collar Health, Occupational Risks, & Wear Blue Day

The graphic features the MHN logo at the top left, with the text '2026 MEN'S HEALTH MONTH' in large orange letters. Below this is a photograph of a family (a man, a woman, and two children) embracing. The bottom section is a blue banner with white text: 'Men's Health Month Theme: Partners in Care: Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — for Better Lifespans'. Contact information for MHN is provided, along with 'Presented By: Men's Health Network'.

2026
MEN'S HEALTH MONTH

Men's Health Month Theme:
Partners in Care: Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — **for Better Lifespans**

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Presented By:
Men's Health Network

Men's Health Month Digital Media Toolkit, 2026 Free Resource for Awareness & Prevention

education, advocacy, research, and health promotion.

Support the campaign at:

<https://app.dvforms.net/api/dv/x7o18q>

Whether by scheduling a screening, sharing educational resources, wearing blue, starting a conversation about health, or contributing, everyone can play a role in advancing men's health this week and throughout the year.

For free Men's Health Week resources and information, visit www.MensHealthMonth.org

Jennifer Thompson

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