



# Men's Health Network: GAMH 2025

**Men's Health Month & International Men's Health Week  
2025**

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# Men's Health Network (MHN) & Men's Health Month (MHM) / Men's Health Week

**MHN** has been the **leading voice for men's health** in the U.S. since 1992.

- ▶ **Our mission:** *To reach men, boys, & their families where they live, work, play, & pray.*

**Men's Health Month (June) & International Men's Health Week (June 9-15)** are key pillars of our outreach, engaging millions across corporate, community, & healthcare settings.

- ▶ **In 2025, our focus is on addressing the Empathy Gap in men's health through advocacy, awareness, & action.**

 *We invite global partners to collaborate & amplify these efforts!*

# The Empathy Gap & The Lifespan Gender Gap: Key Messaging & Focus Areas

## What is the Empathy Gap?

The Empathy Gap refers to **the societal tendency to minimize or dismiss the struggles of men & boys**, particularly in **health, education, mental well-being, & social support**.

## Examples of the Empathy Gap:

- ▶ Men's health screenings get less promotion than other groups.
- ▶ Men face higher suicide rates, but mental health outreach often neglects their barriers.
- ▶ Men's workplace safety risks are overlooked, despite accounting for most of the occupational fatalities.

## What is the Lifespan Gender Gap?

The Lifespan Gender Gap refers to the six-year **difference in life expectancy between men & women**, primarily due to **preventable health issues**.

## Contributing Factors:

- ▶ **Delayed Medical Care** – Barriers to being able to go get care.
- ▶ **Higher Suicide Rates & Mental Health Stigma** – Men are 3-4 times more likely to die by suicide.
- ▶ **Workplace Risks & Chronic Illness** – Men suffer **more workplace fatalities & chronic diseases** with fewer targeted interventions.

# Bridging the Empathy Gap: MHN's Action Plan

To Break Barriers Related to the Empathy Gap, MHN is taking action through:

- ▶ **National Men's Health Policy Agenda –**

Expanding access & awareness for preventative care, screenings, & mental health services.

- ▶ **Recognizing the Importance of Wear Blue Day –**

Highlighting men's health & promoting men's health awareness in the workplace.

- ▶ **Collaboration with Ambassadors –**

Building & expanding on support or awareness networks across America.

- ▶ **State & Local Proclamations –**

Encouraging official recognition of Men's Health Month through government proclamations.

- ▶ **Strengthening Global Partnerships –**

Supporting the global network of men's health organizations to improve the health & the well-being of men & boys everywhere.

# June 2025, Men's Health Month Since 1994

## Key Events in America, Month-Long Engagement:

- 1 Wear Blue Day Events (Every Friday) -**  
Recognizing men's health & promoting men's health awareness in the workplace.
- 2 National Policy Advocacy -**  
Engaging policymakers on Capitol Hill to push for men's health funding, screening, & awareness.
- 3 Public Education Campaigns -**  
Digital & traditional media outreach, resource toolkits, community-based advocacy, & sponsored messaging.
- 4 Community & Corporate Healthfairs -**  
Working with local organizations, businesses, & healthcare providers to increase screenings & preventive care via healthfairs or other community-based events.
- 5 State & Local Proclamations -**  
MHN works with local & state governments to officially recognize June as Men's Health Month.



# June 2025, International Men's Health Week

## Key Digital Media & Activations:

- 1 Prostate & Testicular Cancer Awareness:**  
PSA testing campaigns, survivor stories, & corporate outreach.
- 2 Men's Mental Health Awareness:**  
Nationwide social media discussions on suicide prevention, emotional well-being, & building empathy back into the discussion.
- 3 Employer-Led Health Checkups:**  
Encouraging workplaces to offer & encourage male-specific health screenings.
- 4 Social Media Blitz:**  
Daily messaging & education to engage folks online.
- 5 Father's Day (Sunday, June 15, 2025):**  
Recognizing fathers' health & well-being as a central part of men's health advocacy.

 *We would love to share our Digital Media Toolkit!*

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## INTERNATIONAL MEN'S HEALTH WEEK (MHW)

**MISSION**

Men's Health Week 2025 aims to address the Empathy Gap by driving policy changes, increasing research funding, & promoting proactive healthcare initiatives to ensure men & boys receive the critical health support.

**VISION**

Our vision for 2025 is to bring empathy back to men's health by fostering open discussions, breaking down stigmas, & ensuring men & boys have access to the care & resources necessary for longer, healthier lives.

**KEY FOCUS AREAS:**

- Prostate / Testicular Cancer Awareness
- Men's Mental Health Awareness
- Employer-Led Health Checkups
- Father's Day (Sun., June 15, 2025)



# Connect with Men's Health Network

 We look forward to working with you & making 2025 a landmark year for men's health advocacy!



 Website: [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

 Email: [info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)

 Instagram: @MensHealthNetwork

 LinkedIn: Men's Health Network

 Twitter / X: @MensHlthNetwork