



WHEREAS, the week of **April 6-12, 2026**, is the 31st anniversary of **National Public Health Week**, and this year's theme is **"Ready, Set Action!"**; and

WHEREAS, since 1995, the American Public Health Association, through its sponsorship of National Public Health Week, has educated the public, policymakers, and public health professionals about issues important to improving the public's health; and

WHEREAS, public health professionals help communities prevent, prepare for, withstand, and recover from a full range of health threats, including disease and viral outbreaks, natural disasters, and disasters caused by human activity; and whereas these threats include H1N1, H2N2, COVID-19, HIV/AIDS, and the resurgence of diseases once nearly eradicated—such as measles, mumps, and rubella (MMR); and

WHEREAS, 6 in 10 U.S adults have a chronic disease and 4 in 10 have two or more; and health risks such as alcoholism, obesity, and tobacco use are the primary reason for 7 of every 10 deaths annually in the United States, and 90 percent of all intoxication deaths that occurred in Maryland were opioid-related; and

WHEREAS, a recent study of the post-pandemic era has resulted in increased symptoms of anxiety or depressive disorder, and many respondents felt their mental health needs were not being met, and rates of anxiety, depression, and substance abuse use disorder have increased since the beginning of the pandemic; and

WHEREAS, the 2026 theme, **"Ready, Set, Action!"**, encourages individuals and communities to reflect on past public health progress and take proactive steps toward a healthier future. The theme underscores that good health does not just happen; it requires coordinated efforts, evidence-based policies, and active participation from public health professionals and the public alike.

NOW, THEREFORE, the Mayor and Council of the City of Rockville, Maryland, do hereby proclaim the week of **April 6-12, 2026**, as **National Public Health Week** in Rockville, Maryland, and call upon the residents of Rockville to observe this week by helping our families, friends, neighbors, co-workers, and leaders to better understand the value of public health and supporting great opportunities to adopt preventive lifestyle habits year-round.




Monique Ashton, Mayor


Kate F. Iltis, Councilmember


Izola (Zola) Shaw, Councilmember


Barry Jackson, Councilmember


Marissa Valeri, Councilmember


David Myles, Councilmember


Adam Van Grack, Councilmember

April 13, 2026