

HEALTH NEWS

JUNE 2020



NATIONAL MEN'S HEALTH MONTH

MEN'S HEALTH

MAKE PREVENTION A PRIORITY

Many health conditions can be detected early with regular checkups from your healthcare provider.

Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

EAT HEALTHY

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need.

Add at least one fruit and vegetable to every meal.

GET MOVING

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Did you know?

ON AVERAGE
men live
about
5 years less
than women

1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate cancer

Men are more likely to be **uninsured** than women

Men make
1/2 as many
physician visits for
prevention
as women

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org
Men's Health Network
MensHealthNetwork.org
Get It Checked
GetItChecked.com
Talking About Men's Health Blog
TalkingAboutMensHealth.com
Men's Health Resource Center
MensHealthResourceCenter.com

MEN'S HEALTH MONTH

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

 **70%** is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.

DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.

