



Brought to you by the Holy Family Health Ministry

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family

Want to see these stats change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

Schedule a checkup today!

Do it for yourself and for those who count on you.

Celebrate Men's Health Month with these steps to improve your health.

FIND OUT IF YOU ARE AT A HEALTHY WEIGHT



More than **3 in 4 men** are overweight, obese, or extremely obese

GET YOUR BLOOD PRESSURE CHECKED

More than **1 in 3 men** has high blood pressure



GET TESTED FOR HIV



2 in 3 men have never been tested for HIV





Brought to you by the Holy Family Health Ministry

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family

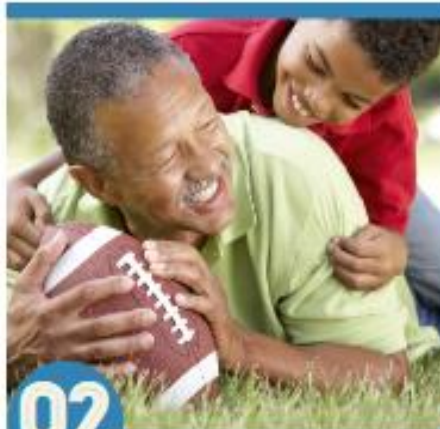
Men it is important to:

- Know your preventable risks
- Take steps to create healthful habits
- Learn your risk factors
- Document your family health history with your physician



01

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.



02

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.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

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
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org

100%
Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2
1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

Sources: <https://www.healthfinder.gov/> <https://www.nationaldaycalendar.com/june/mens-health-month>

For I will restore your health; I will heal your injuries—oracle of the LORD.

Jeremiah 30:17

