



JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



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.

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**

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
- Women Against Prostate Cancer womenagainstprostatecancer.org