

Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention
Section, Forsyth County Department of Public Health



June is Men's Health Month

Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men's Health Risk Factors

- Percent of men 18 years and over who engaged in regular leisure-time physical activity: 37%
- Percent of men 18 years and over who currently smoke: 23%
- Percent of men 18 years and over who had 5 or more drinks in 1 day at least once in the past year: 32%

Leading Causes of Death in US Males, 2006

1. Heart disease
2. Cancer
3. Unintentional injuries
4. Chronic lower respiratory diseases
5. Stroke
6. Diabetes
7. Suicide
8. Influenza and pneumonia
9. Kidney disease
10. Alzheimer's disease

Source: Leading Causes of Death in Males, United States, 2006

What Can Men Do to Improve Your Health

- **Be safe and protect yourself.** Take steps to protect yourself against injuries and harmful exposures at work, home, and play.
- **Eat healthy.** Increase the number of fruits and vegetables you eat. Decrease saturated fat, salt, and empty calories. Watch how much you eat.
- **Be active.** Get thirty minutes of moderate physical activity on most, preferably all, days of the week.
- **Be smoke-free.** If you smoke, quit now. Help lines, counseling, medications, and other forms of support are available to help you.
- **Get check-ups.** Get routine exams and tests to check your health. Get immunizations. Take steps to lower your risk for disease. The following page has screening recommendations for men of all ages.



Check-Up Checklist: Things to Do Before Your Next Check-Up

- Review your family health history.
- Find out if you are due for any general screenings or vaccinations.
- Write down a list of issues and questions to take with you.



What Can Women and Community members do?

Create awareness for men's health

- Set up a table at a store, restaurant, hallway at work, gym, library, community center, etc with brochures and information on men's health and Men's Health Month.
- Ask local churches and other faith-based organizations to talk about Men's Health Month and to include information about it in the church flyers/newsletters.
- Take your dad/brother/uncle/grandfather/significant other to the doctor.
- Give him a Father's Day care with a doctor's appointment as a gift..
- Gather the men in your families or male coworkers and invite them to engage in:
 - Walking
 - Golfing
 - Tennis
 - Bowling
 - Pick up basketball
 - Softball/baseball
 - Pick up soccer
 - Flag football
 - Frisbee
 - Bicycling
 - Hiking
- Write an article or letter to the editor explaining how a member of your family worked through his/her health problems and suggesting that the readers get their health checked.

For More Information, call your healthcare provider or visit the Centers for Disease Control and Prevention at www.cdc.gov or the Men's Health Network at www.menshealthnetwork.org