



# 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](http://menshealthmonth.org)

Men's Health Network  
[menshealthnetwork.org](http://menshealthnetwork.org)

Get It Checked  
[getitchecked.com](http://getitchecked.com)

Talking About Men's Health Blog  
[talkingaboutmentshealth.com](http://talkingaboutmentshealth.com)

Women Against Prostate Cancer  
[womenagainstprostatecancer.org](http://womenagainstprostatecancer.org)