It’s A Guy Thing... 
A Presentation On Men’s Health

NIFS FITNESS MANAGEMENT
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June Is National Men’s Health Month

• National Men’s Health Week is June 11-June 17, 2020

• Anchored by a Congressional Health Education Program, Men’s Health Month is celebrated across the Nation during the month of June.

• Men’s Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

http://www.menshealthmonth.org/logospostersflyers/logos.html
Wear Blue Day is Friday, June 19, 2020
Show Your Support for the men and boys in your life by wearing BLUE.

http://www.menshealthnetwork.org/wearblue/toolbox/
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.

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.
“There is a silent health crisis in America...it’s the fact that, on average, American men live sicker and die younger than American Women”

-Dr. Davis Gremillion, Men’s Health Network

picture: http://www.menshealthnetwork.org/wearblue/friday/
Health Facts

Men die at higher rates than women from the top 10 causes of death and are victims of over 92% of workplace deaths.

<table>
<thead>
<tr>
<th>Cause and Rate</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>209.1</td>
<td>130.4</td>
</tr>
<tr>
<td>Cancer</td>
<td>185.4</td>
<td>134.0</td>
</tr>
<tr>
<td>Injuries</td>
<td>65.0</td>
<td>30.8</td>
</tr>
<tr>
<td>Diabetes</td>
<td>26.0</td>
<td>16.9</td>
</tr>
<tr>
<td>Suicide</td>
<td>21.4</td>
<td>6.0</td>
</tr>
<tr>
<td>Homicide</td>
<td>9.9</td>
<td>2.5</td>
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</tbody>
</table>

● NCHS 2016
Cardiovascular Disease

● Heart disease is the leading cause of death for men in the US—about 1 in every 4 male deaths.
● Average age of first heart attack is 64.7 years for men
● High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these risk factors.
● Other risk factors for cardiovascular disease include:
  ● Diabetes
  ● Overweight and obesity
  ● Unhealthy diet
  ● Physical inactivity
  ● Excessive alcohol use
Stroke

- Stroke is the 5th leading cause of death in men
- Stroke is a leading cause of serious long-term disability.

Other risk factors for stroke include:
- Smoking - About 1 in 6 men smoke.
- Overweight and obesity. About 3 in 4 men in the US are overweight or obese
- Diabetes - About 1 in 8 men have diabetes.
- Drinking too much alcohol- Men are more likely than women to drink too much alcohol.
- Not getting enough physical activity - Only 1 in 4 men gets enough physical activity.
Lung Cancer

- Leading cancer killer of both men and women
- 60% to 65% of all new lung cancer diagnoses are among people who have never smoked or are former smokers.
- GOOD NEWS!!—Cases of lung cancer have been dropping since the 1980’s
- Risk factors for lung cancer include:
  - Smoking.
  - Exposure to secondhand smoke.
  - Exposure to radon gas.
  - Exposure to asbestos and other carcinogens.
  - Family history of lung cancer.
Prostate Cancer

- Prostate cancer is the most common cancer among men.*
- About 1 man in 9 will be diagnosed with prostate cancer.
- Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer.
- Finding prostate cancer when it is still at an early stage offers the best hope for living cancer free for a long time.
- Risk factors for prostate cancer include:
  - Family history
  - Increasing age
  - Nationality
  - High-fat diet
Diabetes

• Diabetes is the 7th leading cause of death in the United States (and may be underreported).
• Most persons with diabetes are 65+.
• Most common is Type-2.
• Diabetes can affect many other health-related issues.
• Risk factors for diabetes include:
  • Are overweight
  • Are age 45 or older
  • Have a parent, brother, or sister with type 2 diabetes
  • Are physically active less than 3 times a week
Suicide/Depression

- In 2018, men died by suicide 3.56x more often than women.
- For men in the middle years, stressors that challenge traditional male roles, such as unemployment and divorce
- 6 million men have depression each year, many undiagnosed.
- Major risk factors for suicide include:
  - Prior suicide attempt(s)
  - Misuse and abuse of alcohol or other drugs
  - Mental disorders, particularly depression and other mood disorders
  - Access to lethal means
  - Knowing someone who died by suicide, particularly a family member
  - Social isolation
  - Chronic disease and disability
  - Lack of access to behavioral health care
Life Expectancy, by Sex: 1920-2017


Life Expectancy, by Sex
1920-2017
Why Are Men At Risk?

- Higher % of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention than women.
- Men are employed in the most dangerous occupations (mining, fire fighting, construction).
- Society discourages healthy behaviors in men.
- Men have less health lifestyles including risk taking at a younger age.
What Can You Do?
See Your Doctor Regularly Even When You Are Not Sick!

“An ounce of prevention is worth a pound of cure”
Learn About Health Issues That Are Common In Men

- Such as prostate problems, osteoporosis, diabetes, and Alzheimer's.
- Find out which screenings and vaccines you need.
- Over 50+: Every year- Physical Exam, BP, Blood Tests, EKG, Rectal exam, PSA Blood Test, Hemoccult

![MEN'S HEALTH CHECKLIST](http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf)

* African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.
Stay Physically Active

The Physical Activity Guidelines for Americans issued by the U.S. Dept. of Health and Human Services (HHS) in 2018 for older adults*

- Move more and sit less throughout the day.
- Do 150 minutes of moderate-intensity aerobic activity each week.
- Aerobic activity should be in bouts of at least 10 minutes duration.
- Do multicomponent physical activity.
- Those with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
- Muscle-strengthening activities should be done on 2+ days a week.
- When older adults should be as physically active as their abilities and conditions allow.
Nutritional Needs

● Vitamin D, B12, Calcium, Magnesium, Potassium
● Have a healthy eating game plan (and document)
● Eat breakfast
● Eat at least 1 vegetable & 1 fruit at every meal
● Consume the rainbow
● Less is more when it comes to ingredients
● STOP the supersizing
● Whole grains, whole grains, whole grains (more fiber)
Avoid

- sugar-sweetened drinks and foods
- foods made with solid fats—butter, lard, margarine, and shortening
- foods high in added fat (such as butter or lard) and salt (sodium)
- red meat
Sources

- [http://www.menshealthnetwork.org/](http://www.menshealthnetwork.org/)
- [https://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319574.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319574.pdf)
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