

MONOGRAM

JUNE 2023

Men's Health Month



June is National Men's Health Month! This month, the Mono County Health Department is encouraging local men to reassess and prioritize their health by eating right, exercising, and working to prevent disease.

The state of men's health in the United States is concerning... According to the Centers for Disease Control and Prevention, more than 13 percent of men aged 18 and over are considered to be in fair or poor health, with the leading causes of death being heart disease and cancer. Smoking, being overweight, and having high blood pressure are the top contributing factors to poor health in men.

The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

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Tips For Improved Health

Set Goals

Use this month to take stock of your health now, and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality. Make a personal goal to reach 2 ½ hours of physical activity per week. Participating in activities you enjoy will help you to stay motivated.

Adjust Your Diet

Men's Health Month is a great opportunity to change the way you eat. Add more fruits and vegetables into your diet, and try to limit eating foods that are high in calories, sugar, salt, and fat. Cut back on alcohol this month, or up your intake of healthy foods.

Exercise

Move. Regular exercise, including cardiovascular, strength, and flexibility training, is strongly suggested for a minimum of 30 minutes at least 5 times a week. Many different activities can be found in our community to keep you moving: hiking, skiing, jogging, biking, and swimming are just a few. Join an adult sports league where all are welcome, no matter their abilities.

Maintain Your Mental Health

Eating well, exercising, and getting enough sleep are important for ensuring a positive outlook. Meditation, reading, or listening to music help to relieve stress. Having a community of friends and neighbors, as well as participating in groups that share similar interests, can assist in your ability to deal with life's challenges. Speaking to a therapist can also be of great help.

Get Rid of Unhealthy Habits

Mono Are you smoking, drinking excessively, or watching television for hours on end? Are you skipping meals, overusing medications, or sleeping too little (or too much)? These all add up to both mental and physical stress.

Get Educated

Take this opportunity to read about the common health issues that are specific to men, and research how you can prevent disease! Schedule yearly checkups and regular health screenings with your doctor or local health department.

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Age-Specific Health Recommendations

Young Men (20s and 30s)

- **Food:** Proper vitamin and mineral intake at a young age sets you up for a healthy future. Good nutrition can set you on a path to good health for the rest of your life.
- **Exercise:** Any healthy and safe physical activities done at least 5 times a week (including strength, stretch, and cardio training) are great. Participation in team sports provides a social support network, too.
- **See your doctor:** In your 20's, the doctor will begin doing screenings for testicular cancer and high cholesterol. Personal risk factors may create the need for performing additional tests for cardiovascular disease, thyroid disease, liver disease, skin cancer, anemia, diabetes, sexually transmitted diseases, HIV, and drug and/or alcohol abuse.
- **Check-Ups and Exams:** Get a dental check-up at least every 24 months. Have an eye exam at least once in your 20s, and twice in your 30s.

Middle-Aged Men (40s and 50s)

- **Food:** At this point in life you must take in a bit more vitamin B12, potassium, calcium, and vitamin D. Continue to eat well but be careful not to eat too much protein. Men's Health Month promoters support "meatless Mondays."
- **Exercise:** Increase the amount of safe resistance training, stretching, and keeping up cardio exercises. This is a great time to add water fitness to your regimen, as its low impact is safer for your joints.
- **See your doctor:** Between the ages of 50 and 70, your doctor may begin to screen for Type II diabetes, lipid issues, colon cancer, depression, abdominal aneurysms, osteoporosis, dementia, and Alzheimer's.

Seniors (60s and older)

- **Food:** Proper nutrition is of utmost importance at this age. Ensure that you are eating often enough as well as taking in the needed nutrients. Be aware of your fiber, salt, and vitamin D intake.
- **Exercise:** If you have not already added walking to your regimen, now is a great time to do so.
- **See your doctor:** All screenings done at previous appointments will continue throughout your remaining years.

Maintaining your health through proper diet and exercise will enable you to enjoy an active and robust lifestyle for many years.

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Resources



CDC: cdc.gov/nchs/fastats/mens-health.htm

**U.S. Department of Health & Human Services:
minorityhealth.hhs.gov/mens-health/**

District Health Department #10: dhd10.org/mens-health-month/

