Men's Health **Men**onth

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

Eat Healthy

Start by taking small steps at each meal:

- Say no to super-sizing
- Eat a variety of foods
- Eat at least one fruit and vegetable

Get Moving

Play with your kids or grandkids. Take the stairs. Do yard work.

Choose activities that you enjoy to stay motivated.



Make Prevention a Priority

Many conditions can be detected early with regular health checkups.

Quitting smoking and drinking less may prevent chronic conditions.

Did you know in Illinois...

1 out of 5 men smoke

Only

general health as excellent or very good

 $50\%\,$ of men ranked their

3x More men than women

are chronic drinkers

4 out of 10 men are obese

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed May 22, 2018]. URL: <u>https://www.cdc.gov/brfss/brfssprevalence/</u>. National Men's Health Campaign: http://www.menshealthmonth.org/wp-content/uploads/2016/04/menshealth-month-flyer-facts-1.pdf