# 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