



Men represent our grandfathers, husbands, sons, fathers, brothers, uncles, and friends. Most men are reluctant to go their doctor, especially for preventative checkups like routine bloodwork, blood pressure checks, or colon cancer screenings. Perhaps it's lack of time or feelings of stoicism, but the fact remains that men die 5 years earlier than women.

**12% OF MEN 18 YEARS OLD AND OVER ARE REPORTED TO BE IN FAIR OR POOR HEALTH.**



**15.7% OF MEN 18 YEARS OLD AND OVER CURRENTLY SMOKE CIGARETTES.**



**36.6% OF MEN 20 YEARS OLD AND OVER ARE REPORTED TO BE OBESE.**



**30.9% OF MEN 18 YEARS OLD AND OVER HAD 5 OR MORE ALCOHOLIC DRINKS IN 1 DAY AT LEAST ONCE IN THE LAST YEAR.**



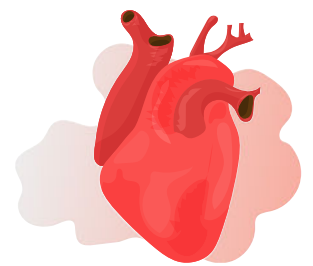
**33.1% OF MEN 20 YEARS OLD AND OVER REPORTED TO HAVE HYPERTENSION.**



**57.6% OF MEN 18 YEARS OLD AND OVER MET THE FEDERAL PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY THROUGH LEISURE-TIME AEROBIC ACTIVITY.**



**HEART DISEASE, CANCER, OR ACCIDENTS (UNINTENTIONAL INJURIES) ARE THE LEADING CAUSES OF DEATH IN MEN.**



*This information is based on CDC early release estimates on data from the 2018 National Health Interview Survey.*



Guys, please put the time in to care for yourself. Health is our true wealth. Consider the following tips to improve your health:



1

**Get regular checkups.** Seeing a doctor only when you are sick doesn't count. Establish a relationship with a primary doctor so screening tests can be scheduled, and possible symptoms of disease can be caught early and treated.



2

**Know your family health history.** Many chronic diseases and cancers can be hereditary like heart disease and colon cancer.



3

**Eat to live,** don't live to eat. Put value in what you are eating and focus on nutritious fruits, vegetables, and whole grains.



4

**Prioritize your sleep.** Investing in at least 7 hours of sleep will give you a bigger return in your health. Talk to your doctor to see if you could be at risk for sleep apnea.



5

**Recognize stress and mental health** are just as important as your physical health. Reduce stress by exercising, eating well, and limiting your alcohol consumption. Signs of depression include persistent sadness, sleepiness, decreased energy levels, and feelings of hopelessness. In crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK.



6

**Know the signs of prostate disease.** Prostate issues are unique to men and as many as 30 million American men may be experiencing a weak or interrupted stream of urine or getting up frequently at night to urinate. Be sure to discuss any signs/symptoms with your health care provider.



7

**Understand the signs and symptoms of a heart attack.** Chest pain, shortness of breath, lightheadedness and pain in your arms, neck, jaw, or back can be concerning especially when symptoms occur together.



8

**Keep your waist in check.** Increased belly fat puts you at risk for Type 2 diabetes, heart disease, certain cancers, etc. Excess fat also becomes harmful when it accumulates in the liver, pancreas, and muscles.



9

**Quit smoking** to lower your risks of cancer and heart disease. Call 1-800-QUIT-NOW.



10

**Set aside time for activities you love.** Indulge yourself and go on that hike or fishing trip. Take the time to take a nap or read your favorite book.

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Source: <https://www.cdc.gov/nchs/fastats/mens-health.htm>  
Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.