# Men's Health Jonth

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

3x

More men than women are chronic drinkers



## Only

50% of men ranked their general health as excellent or very good

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: <a href="https://www.cdc.gov/brfss/brfssprevalence/">https://www.cdc.gov/brfss/brfssprevalence/</a>. National Men's Health Campaign: <a href="https://www.menshealthmonth.org/wp-content/uploads/2016/04/mens-pay-content/uploads/20



