





JUNE IS MEN'S HEALTH MONTH



In 2009, Kansas men died 7.2 years younger than females and the death rate (age adjusted) for males was 42.2 percent higher than the rate for females. The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage men and boys to seek regular medical advice about prevention, early detection and treatment of disease. Research shows that:

-  men do not see physicians for a physical exam nearly as often as women
-  men are dying of the top causes of death at higher rates than women
-  men are more likely to be uninsured than women
-  approximately 30,000 men in the U.S. die each year from prostate cancer

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly and preventable of all health problems in the U.S. Four modifiable health risk behaviors—lack of physical activity, poor nutrition, tobacco use and excessive alcohol consumption—are responsible for much of the illness, suffering and early death related to chronic diseases.

Lack of physical activity - Regular physical activity is one of the most important things people can do to stay healthy. Physical activity not only increases the chance of living longer—it can also help control weight; reduce risks for cardiovascular disease, type 2 diabetes, metabolic syndrome and some cancers; strengthen bones and muscles; improve mental health and mood; and improve ability to do daily activities and prevent falls among older persons.

Poor nutrition - Good nutrition can help lower risk for many chronic diseases, including heart disease, stroke, some cancers, diabetes and osteoporosis. Increased consumption of fruits and vegetables helps reduce the risk for heart disease and certain cancers as well.

Tobacco use - Tobacco use is the single most avoidable cause of disease, disability and death in the United States. In 2009, tobacco use was a contributing factor in 31.6 percent of male deaths and 18.9 percent of female deaths in Kansas.



The 24-hour toll-free Kansas Tobacco Quitline, 1-800-QUIT-NOW (784-8669), provides one-on-one telephone counseling and support materials based on an individual's readiness to quit.

Excessive alcohol consumption - Excessive alcohol use is the third leading lifestyle-related cause of death in the U.S. and is associated with a wide range of health and social problems. Alcohol consumption for men should not exceed two drinks per day for men and one for women. Some people should not drink alcohol at all, including underage youth.

Visit www.menshealthnetwork.org or www.menshealthmonth.org for more information. For Kansas diabetes resources, please visit www.kansasdiabetesactioncouncil.org. For other Kansas health resources, visit www.kdheks.gov/bhp.