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KDHE Celebrates National Men's Health Week

The Kansas Department of Health and Environment (KDHE) joins the Men's Health Network in celebrating National Men's Health Week June 15-21 to call attention to the importance of men's health. Men tend to die about six years younger than women, but by having certain screening tests, taking preventive medicine if needed, and practicing healthy behaviors, men can live longer, healthier lives.

"National Men's Health Week is important because men's health problems impact not only themselves, but their parents, wives, children, brothers and sisters," said Dr. Jason Eberhart-Phillips, KDHE Director of Health. "Men's health is truly a family issue."

The most important things men can do to stay healthy are to get recommended screening tests, be tobacco free, be physically active, eat a healthy diet, maintain a healthy weight and take preventive medicines if needed.

Kansas men suffer from heart disease, cancer, diabetes and arthritis at rates comparable to national averages.

- Heart disease alone is the leading cause of death in Kansas, accounting for 2,764 male deaths in 2007.
- Cancer is the second leading cause of death of men in Kansas. On average, 6,669 men are diagnosed each year with cancer and an average of 2,768 die. For related information, visit www.cancerkansas.org.
- In 2007, about 4 in 5 (79%) men with doctor diagnosed arthritis were overweight or obese.
- In 2007, 18.6% of Kansas men smoked. KDHE provides the free Kansas Tobacco Quitline, 1-800-QUIT-NOW, for one-on-one telephone counseling to help people create a plan to quit using tobacco products.
- About 83,000 (7.8%) men 18 years and older in Kansas are estimated to have diagnosed diabetes. Many more men may have diabetes but are not aware of it.

For more information about National Men's Health Week, visit www.menshealthweek.org. To learn more about KDHE, please visit www.kdheks.gov.

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As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans.

Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.