



National Men's Health Week



The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe.

Silent Health Crisis

On average, American men live sicker and die younger than American women.

Health Facts:

- Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths.
- In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women.

Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men.

Who is the Weaker Sex?

- 115 males are conceived for every 100 females.
- The male fetus is at greater risk of miscarriage and stillbirth.
- 25% more newborn males die than females.
- 3/5 of AIDS victims are boys.
- Men suffer hearing loss at 2x the rate of women.
 - Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men eight to one.

Depression and Suicide

- Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.
- Among 15- to 19-year-olds, boys were 5x as likely as girls to commit suicide.
- Among 20- to 24-year-olds, males were 7 x as likely to commit suicide as females
- The suicide rate for persons age 65 and above: men...38.4 -women...6.0.

Why Men are at High Risk

- A higher percentage of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention.
- Men are employed in the most dangerous occupations, such as mining, fire fighting, construction, and fishing.
- Society discourages healthy behaviors in men and boys.
- Research on male-specific diseases is under funded.
- Men may have less healthy lifestyles including risk-taking at younger ages

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Wellness information courtesy of Wellness Proposals