FACT: Men make half as many physician visits for prevention than women.

STATISTICS

- 12.2% of men aged 18+ years are in fair or poor health
- 52.6% of men aged 18+ years who met the 2008 federal physical activity guidelines
- 34.6% of men aged 20+ years who are obese
- 31.6% of men aged 20+ years with hypertension
- 1,306,034 deaths per year (all ages)

PRACTICE HEALTHY HABITS

- Toss out the tobacco! It's never too late to quit.
- Get more physical activity.
- Eat healthy.
- Tame stress.
- Stay on top of your checkup game!

LEADING CAUSES OF DEATH

- Heart Disease: This is the #1 killer in the U.S. *See the Practice Healthy Habits list for preventative measures.
- Cancer: Prostate cancer is the #3 most common cause of death from cancer. Colon cancer is #4.
- Accidents (unintentional injuries).

FOR MORE INFORMATION, VISIT THESE SITES:

http://www.cdc.gov/nchs/fastats/mens-health

http://www.wellnessproposals.com/pdfs/wellness_newsletters/weekly_wellness_newsletters/mens_health.pdf