



EMPLOYEE HEALTH INITIATIVE: MEN'S HEALTH



National Men's Health Week is celebrated each year the week leading up to and including Father's Day, which is June 14-20 of 2010. During this week, individuals, families, communities, and others work to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men can be safer, stronger, and healthier by taking daily steps and getting care when needed. Improving men's health is not limited to the doctor's office or hospital; it starts at home with individuals and families taking steps to live safer and healthier lives.

Men can take daily steps to live a safer and healthier life, and protect themselves from disease and disability. Celebrate National Men's Health Week, which ends on Father's Day each year in June! Wear blue this week in support of men's health!

LEARN YOUR FAMILY HISTORY

Are there any new conditions or diseases that have occurred in your close relatives since your last visit to the doctor? If so, let your doctor or nurse know. Family history can influence your risk of developing heart disease, stroke, diabetes, or cancer. Your doctor or nurse will assess your risk of disease based on your family history and other factors. He or she may also recommend things you can do to help prevent disease, such as exercising more, changing your diet, or using screening tests to help detect disease early.



[Family Health History](#)
[Using Family History to Promote Health](#)

KNOW AND UNDERSTAND YOUR NUMBERS

You may know your favorite team's or player's stats, but what about your own? Keep track of your numbers for blood pressure, blood sugar, cholesterol, body mass index (BMI), and more. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions such as heart disease, diabetes, and obesity. Be sure to ask your doctor or nurse what tests you need and how often you need them. If your numbers are high or low, he or she can explain what they mean and make recommendations to help you get them to a healthier range.



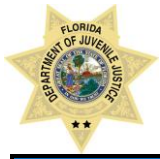
[High Blood Pressure](#)
[Cholesterol](#)
[Checking Your Blood Glucose](#) 
[Diabetes](#)
[BMI](#)

WORK SAFELY

Daily, an estimated 11,500 private-sector workers have a nonfatal work-related injury or illness. As a result, more than half require a job transfer, work restrictions, or time away from their jobs.

- Know what your job requires.
- Use safety equipment.
- Use and carry tools and equipment properly.
- Select the correct tools and equipment.
- Get proper training.
- Get assistance when needed.
- Take precautions to prevent injury.
- Take breaks and rest when needed.
- Use chemicals and other hazardous substances with care.

[Workplace Safety and Health](#)



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WORK WITH YOUR DOCTOR OR NURSE TO STAY HEALTHY

GET CHECK UPS

Just because you may feel fine, that doesn't mean you don't need your annual check-ups! Unfortunately, there are certain diseases and conditions that may not have symptoms. See your doctor or nurse for regular check-ups, and go more often if needed. Health services for individuals with no or low health coverage are available through federally-funded health centers, where the fee is based on what the individual can pay.

[Men: Stay Healthy at Any Age \(AHRQ\)](#)  
[Where to Go for Care You Can Afford \(HRSA\)](#)  

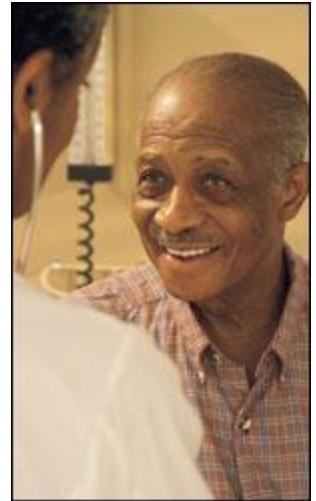
GET VACCINATED

Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that:

- Some adults were never vaccinated as children.
- Newer vaccines were not available when some adults were children.
- Immunity can begin to fade over time.
- As we age, we become more susceptible to serious disease caused by common infections (e.g., flu, pneumococcus).

Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines. Take a few minutes to find out if you are at risk for any of the diseases that can be prevented by immunization. Some immunizations are vital for most adults, especially senior citizens. Others are appropriate for only certain people.

[Vaccine-Preventable Adult Diseases](#)



PAY ATTENTION TO SIGNS AND SYMPTOMS

Discharge? Excessive thirst? Rash or sore? Problems with urination? Shortness of breath? These are only a few of the symptoms that males should pay attention to and see a doctor about if they occur. It could be a symptom for a sexually transmitted disease, diabetes, heart disease, cancer, or other conditions or diseases. If you have symptoms, be sure to see your doctor right away. Keep in mind that a physical exam or screening test may be needed to correctly diagnosis and treat a problem.

[Prostate Cancer: Basic Information](#)
[Sexually Transmitted Diseases](#)
[Diabetes](#)
[Heart Disease Signs and Symptoms](#)
[Lung Cancer: Basic Information](#)

TAKE DAILY ACTION TO IMPROVE HEALTH

Get enough Sleep

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. Drowsy driving and driving while intoxicated is also dangerous. Adults should get 7-9 hours of sleep per night, according to the National Sleep Foundation.

[Sleep and Sleep Disorders: A Public Health Challenge](#)

Gear Up When playing active sports or riding a motorcycle or bike, make sure you and your friends and family wear protective gear, such as helmets, wrist guards, and knee and elbow pads. Wear seat belts as a driver and a passenger.



[Traumatic Brain Injury/Concussion – Prevention](#)

Eat what Counts

Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

[Nutrition for Everyone](#)



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Get Physical Activity

Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

[Physical Activity for Everyone](#)

Be Smoke-free

Avoid smoking and secondhand smoke. Inhaling other people's smoke causes health problems similar to those of smokers. Quitting smoking has immediate and long-term benefits. Within 20 minutes after smoking that last cigarette, your body begins a series of changes that continue for years.

[Smokefree.gov](#)

KEEP BOYS AND YOUNG MEN HEALTHY

Healthy boys become healthy men.

- Teach adolescent boys and girls to "choose respect." Help young people learn the skills to form positive, healthy relationships and prevent abusive relationships.
- Stay up-to-date on pre-teen vaccines, including the Tdap (prevents pertussis, or "whooping cough") and meningococcal vaccine (protects against meningitis and blood stream infections).
- Encourage kids to be active at least one hour each day. Include activities that raise breathing and heart rates and that strengthen muscles and bones.
- Wear seatbelts and helmets to prevent injury. Properly restrain all children ages 12 or younger in the back seat. Wear helmets when riding bicycles and motorcycles.

[Talk to Teens about Healthy Relationships](#)

[Vaccines and Immunizations for Pre-Teens and Adolescents](#)

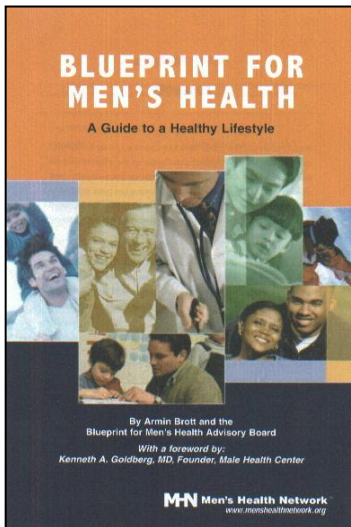
[How Much Physical Activity Do Children Need?](#)

[Protect the Ones You Love: Road Traffic Injuries](#)



SOURCES and MORE INFORMATION

Blueprint for Men's Health discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men. This 70+ page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to implement prevention strategies. Chapters include: *(clicking link will open the correct section in the PDF version of the blueprint)*



Blueprint for Men's health is available as a free download in [English](#) and [Spanish](#). (PDF)

- [For women only: why men's health is a women's issue](#)
- [You and your doctor: partners in health](#)
- [Prevention](#)
- [Diet and nutrition](#)
- [Dental health and hygiene](#)
- [Exercise and fitness](#)
- [Sexual health](#)
- [Prostate health](#)
- [Cardiovascular system](#)
- [Diabetes](#)
- [Cancer](#)
- [Testicular cancer](#)
- [Emotional health and well-being](#)
- [Addiction and substance abuse](#)
- [Accident prevention and safety](#)
- [Fatherhood](#)
- [Special concerns of African Americans, Latinos and other minorities](#)
- [Screening and checkup schedule](#)
- [Resources](#)

For the sources for this article and more information about Men's Health, please visit the following Web sites:

[National Institute of Health - Men's Health](#)

[Center for Disease Control and Prevention - Men's Health](#)

[US Department of Health and Human Services - Healthy Men Checklist](#)

[Blueprint for Men's Health Booklet, Men's Health Network.Org.](#)