

DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT



1555 North 17th Avenue
Greeley, CO 80631



www.weldhealth.org



FOR IMMEDIATE RELEASE

June 6, 2018

Contact: Health Communication
(970) 304-2325

Men Take Care of your Body *June is Men's Health Month*

Weld County – Compared to women, men tend to take inferior care of their health. They shrug off injuries. They hate going to the doctor for anything. They pay little attention to warning signs for major health issues. And the results of all that manliness are evident in the statistics. According to the 2016 Weld County Community Health survey:

- One in twenty men have experienced a heart attack.
- One in three men have high blood pressure.
- Seven out of every ten men are overweight or obese.

Men overall are less healthy and have a shorter life span than women and more than half of all premature deaths among men are preventable. "Men are leading in nine out of the top 10 causes of death," said Mark E. Wallace, MD, MPH, Executive Director of the Weld County Department of Public Health and Environment.

Men can improve the length and quality of their lives by taking a personal interest in their health. The first step would be to schedule an appointment with a doctor for a full physical examination. When meeting with the doctor men should be sure to ask questions such as what tests and screenings are appropriate for their age, and what their potential risk factors are for major diseases. Men should take care of their bodies just as well as they take care of their cars. Following a healthy routine every day has the greatest impact on health.

Following a healthy lifestyle

Eating right. By cutting back on unhealthy fats and processed foods, you can reduce your chances of developing chronic health problems, such as heart disease and diabetes. Healthy foods – fruits, vegetables, whole grains, lean meats and low-fat dairy products give the body the tools it needs to repair and replenish.

Exercising. Exercise has been proven to help improve heart health and better control blood sugar levels. It also acts as a natural antidepressant. If you're not someone who can work out every day, park your car farther away or take the stairs. Do something to get some exercise whenever you can. It's a very important thing for your cardiovascular health, as well as your mental health.

Continued next page

Getting more in touch with your family. Fathers can start by spending more time with their kids. The children will benefit from dad's attention and so will dad. Men will often take better care of themselves when they work to set a good example and be there for their kids.

For more information on chronic disease prevention, healthy eating and active living visit www.weldhealth.org.

###