

MAN UP.

TAKE CONTROL OF YOUR HEALTH

JUNE IS

Men's Health Month

All artwork is available to download at: www.FOH.hhs.gov/toolkit



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services www.hhs.gov

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Calendar

Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

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The month you selected appears >>

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June is Men's Health Month

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Men face enough health challenges without making things worse by denying the possibility of ever being ill. Be there to take care of them later by taking care of yourself now.

Snapshot of Men's Health

A snapshot of men's health in the U.S. shows that they are afflicted with different, but no less serious, health problems than women. Heart disease, cancer, and unintentional injuries are the top causes of death for all males; the most commonly diagnosed cancers among men include prostate, lung, and colorectal cancers, and a 2009 Federal study shows that men die from heart disease and chronic liver disease at nearly twice the rate of women - yet 7% of men are less likely to visit a physician than are women.

Prevention

Simply put, men are much more likely than women to ignore symptoms and they are reluctant to seek care until there is a crisis. However, many of the major health risks that men face - such as colon cancer or heart disease - can actually be prevented and treated with early diagnosis. Screening tests can find these diseases early, when they are easier to treat. For these reasons, it is crucial that men go against their tendency of avoiding health care and begin having regular checkups and screenings, being physically active, maintaining a nutritious diet, and being tobacco free. There's nothing manly about ignoring your health.

Education

Men's Health Month is a chance for both men and women to increase their awareness of the potentially significant health problems that men may face in their lives, as well as what steps they can take toward preventing such problems. Read on for tips and resources on how men can live their healthiest and be their best.



Quick Take

Five Manly Steps to Good Health

1. Get routine check-ups and preventive screenings (see link to Men's Health Guide in Resources below)
2. Be more physically active and make healthy food choices.
3. Get to your healthy weight and stay there.
4. Become tobacco free.
5. Drink in moderation.

Resources

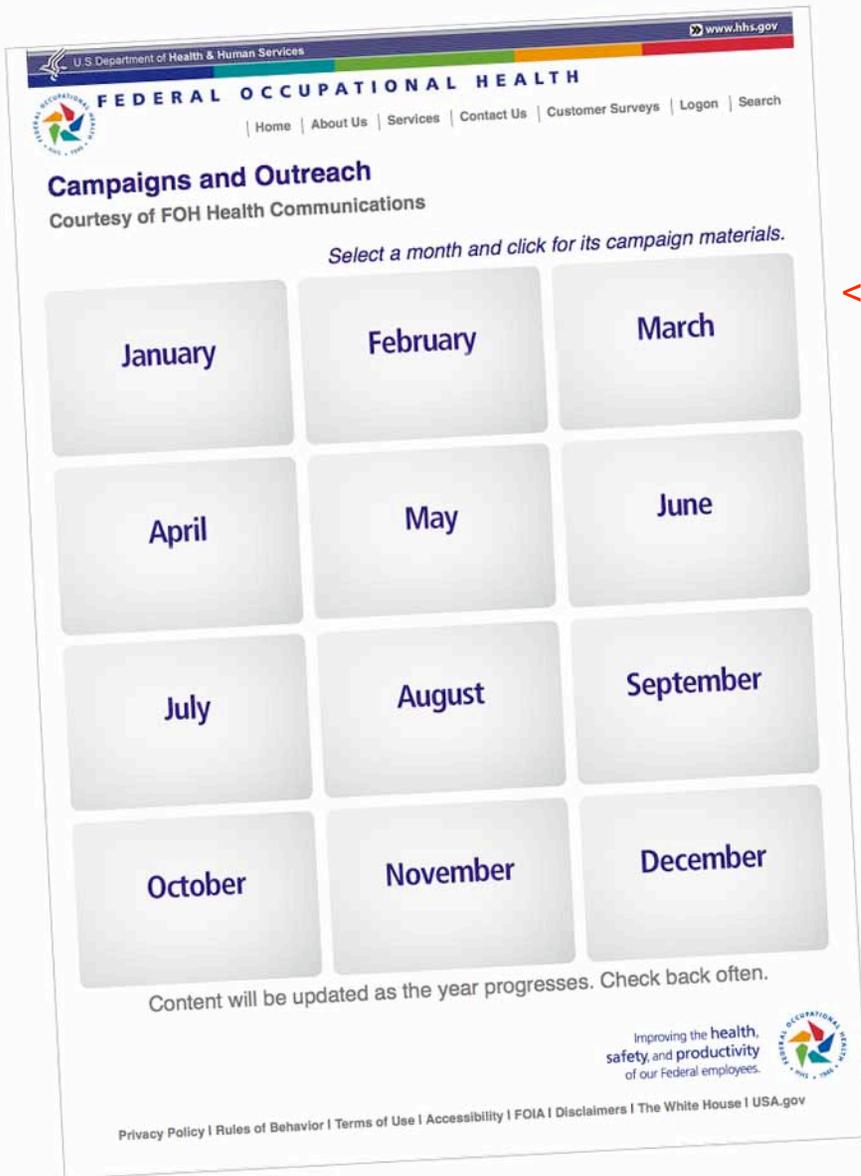
- Men's Health Guide with Recommended Screenings (pdf)
- Men's Health Month
- Healthy Eating and Physical Fitness for Men
- Smoking Cessation Support and Resources
- Prostate Cancer
- Searchable Men's Health Library
- Men's Health Marketing Materials

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<< Select a month and click for its campaign materials...

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Campaigns and Outreach

Courtesy of FOH Health Communications

Men's Health Month

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Downloadable Materials to get the word out.
Check out this PowerPoint or this PDF for a material's overview.

Flyers
 Men's Health Month Flyer
 Men's Health Month Flyer Template

Chy TV
 Men's Health Month Chy TV
 Men's Health Month Chy TV Template

Posters
 Men's Health Month 24 x 36 inch Poster
 Men's Health Month 24 x 36 inch Poster Template
 Men's Health Month 8.5 x 14 inch (legal sized) Poster
 Men's Health Month 8.5 x 14 inch (legal sized) Poster Template

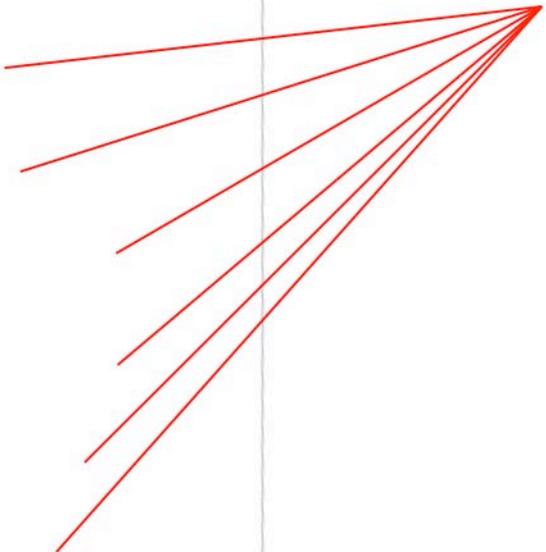
Table Tent
 Men's Health Month Table Tent
 Men's Health Month Table Tent Template

Email Blast
 Men's Health Month Email Blast (MS Word)
 Men's Health Month Email Blast (pdf)

More Resources
 FOH Men's Health Month Web Page
 Stress Awareness Lunch & Learn Presentation + Stress Management Handouts
 6 week Stress Management Program

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From the Toolkit webpage, click on any of the listed materials to download artwork.

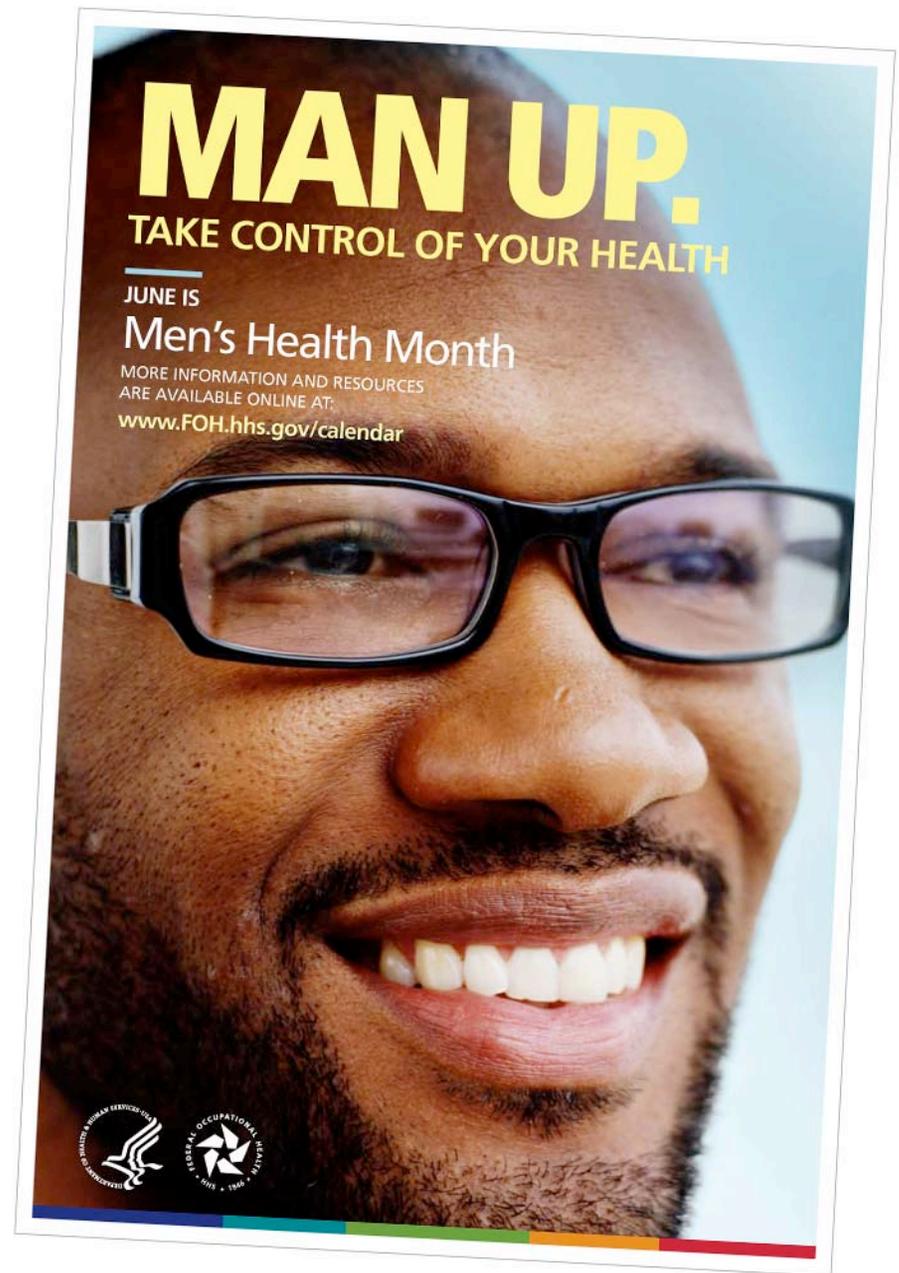
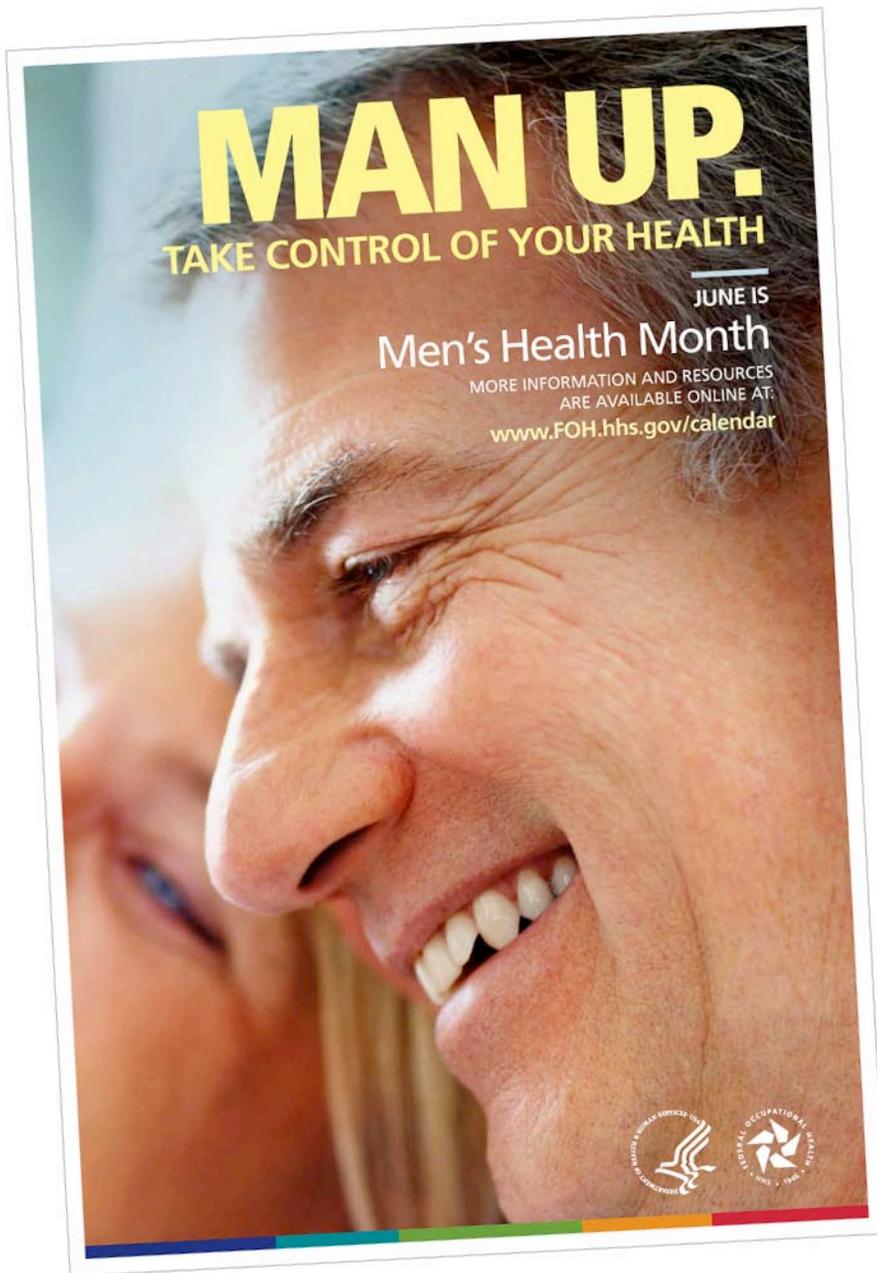
There are “as-is” versions as well as customizable template versions.

You can add your personal message to the template versions.

(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)

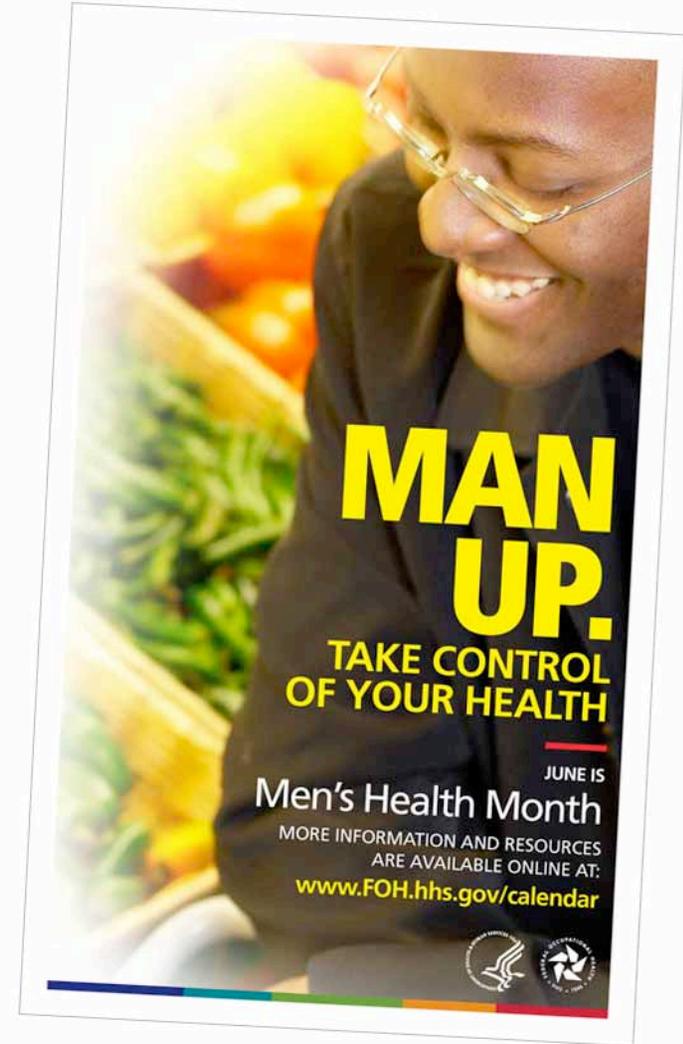
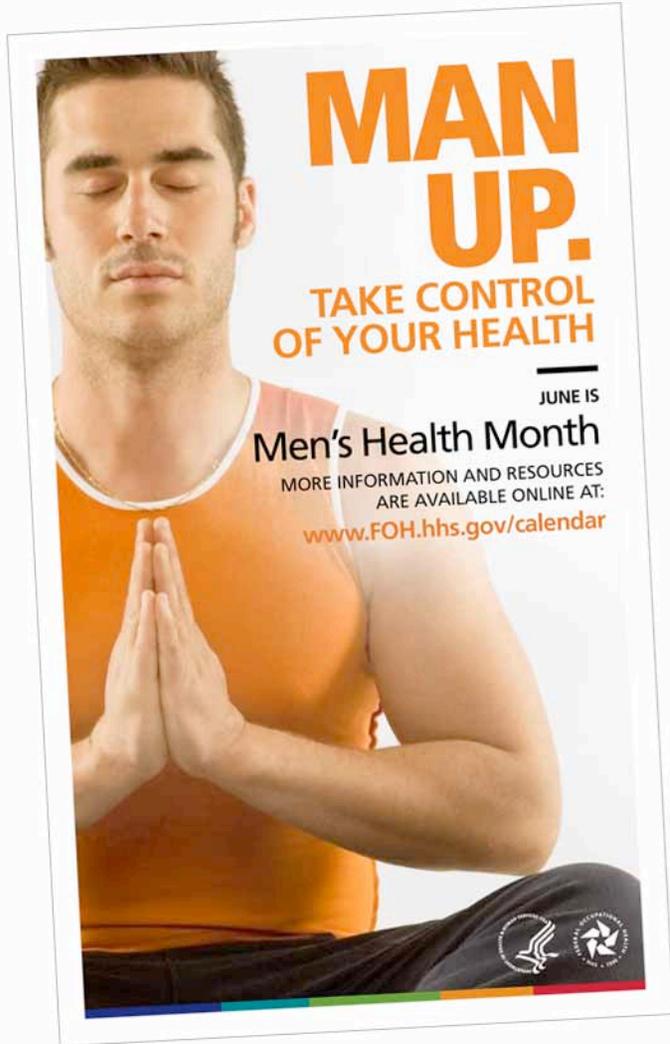
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24x36 posters
(please reuse the posters you received last year; if you did not receive posters last year
and would like a set, please email heidi.hua@foh.hhs.gov)

All artwork is available to download at: www.FOH.hhs.gov/toolkit



8.5x14 bulletin board posters (legal size paper), also available as form fillable pdf templates

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11x8.5 flyers and ChyTv slides, also available as form fillable pdf templates

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8.5x11 2-sided table tents, also available as form fillable pdf templates

End-User Email

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Email blast, MS Word doc format (editable) and pdf versions