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June 4, 2010

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Tips for Men – How to Stay Healthy and Active

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June is Men's Health Month and the Georgia Department of Community Health's (DCH) Office of Health Improvement (OHI) is encouraging men to learn and incorporate steps to live a healthier and happy life.

More men in Georgia are living beyond age 60, but on average live five years less than women and have lower average life expectancies than men living in many other parts of the United States. Healthier choices and early detection of male health problems can help reduce rates of mortality for male-specific diseases, as well as improve the health of the men of Georgia.

Heart disease, stroke and cancer account for more than 50 percent of all male deaths in the state. Mortality rates from chronic diseases in men are improving but racial/ethnic and geographic disparities in outcomes persist. Most men in Georgia do not eat the recommended amount of fruits and vegetables or engage in the recommended levels of exercise daily.

There are many preventive activities that men could incorporate into their everyday lives to achieve better health and well being. The U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality suggests the most important things men can do to stay healthy are:

- Get recommended screening tests;
- Be tobacco free;
- Be physically active;
- Eat a healthy diet;
- Stay at a healthy weight; and
- Take preventive medicines if you need them

Use this month to remind the men in your life that preventative care allows for a long, healthy life.

For more information about men's health, log onto www.georgiahealthinfo.gov.

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