

# WELL BALANCED<sup>o</sup>

- JUNE 2023 -

Men's Health Month



June is National Men's Health Month! This is a month to encourage men to prioritize their health, and to bring to light some of the biggest health challenges that men face today.

## Health is for Everyone

Studies show that biological sex, gender norms, roles and relations, and gender inequality and inequity, affect people's health all around the world and it's important to end stigmas and narratives that prevent people, regardless of biological sex or gender, from achieving health in all its forms<sup>(1)</sup>. Bottomline, we all have a part to play in promoting our own health and in supporting and promoting the health of others. Everyone is deserving of the safety to pursue health and the access to health care and health resources they need to do so.

## Common Health Concerns Among Men

Studies have shown that:

- » More than half of men say they do not get regular health screenings<sup>(2)</sup>.
- » Many men don't know their complete family history regarding urological issues and cancers<sup>(2)</sup>.
- » 32% of men are concerned about sexual health as they age<sup>(2)</sup>.
- » Six million men are affected by depression per year<sup>(3)</sup>.
- » Males account for an estimated 10% of patients with anorexia or bulimia<sup>(3)</sup>.

## Aspects of Health

Our overall health is made up of multiple aspects including mental, physical, emotional, social, environmental, intellectual, spiritual, occupational, and financial. These aspects are interconnected and build upon each other to support your overall health.

## Improving Each Aspect of Health

To improve your overall health, avoid becoming hyper-focused on one area and rather work toward a balance of all aspects. Here are some ways to improve each aspect of your overall health.

- » **Mental and Emotional Health** - Prioritize rest, practice stress management and mindfulness, get outside, stay active, set boundaries for work-life balance, seek help from your doctor, a counselor, or a mental health professional when you experience mental health challenges that you feel are unmanageable. There is no shame in getting support for this crucial area of your well-being.
- » **Physical Health** - Stay active, eat a balanced diet, stay hydrated, prioritize sleep, and get regular physical exams and screenings, and see a doctor or health professional when you experience concerning health symptoms.
  - » Men older than 50 should have a yearly physical exam by a physician<sup>(4)</sup>.
  - » Men younger than 50 should have a physical exam by a physician every three to five years<sup>(4)</sup>.
  - » A yearly check-up is a good way to practice prevention and get ahead of any health concerns that could arise<sup>(4)</sup>.
  - » Get a dental screening and cleaning at least once per year.

If you need help in any area of your personal health, don't be hesitant to reach out to a professional. Support and resources exist for all areas of health and you are deserving of getting the help you need to feel your best and live your best life.

- » See a dermatologist for skin cancer screening at least once per year<sup>(5)</sup>.
- » Visit your local public health office to receive vaccinations for infectious diseases.

- » **Social Health** - Make time for positive social connections with family, friends, neighbors, and coworkers, prioritize building healthy relationships with trusted people, engage in hobbies that involve multiple people and set boundaries for relationships that could be harmful to your social health.
- » **Intellectual Health** - Pursue areas of interest, spend time learning a new skill, take up a new hobby, take a masterclass to build upon existing skills, or do puzzles and games that challenge your brain.
- » **Spiritual Health** - Connect with a community related to your spiritual practice, volunteer or help others, practice mindfulness and meditation, keep a journal, and spend time doing things that connect you to your purpose in life.
- » **Environmental Health** - Spend time in nature, limit your screen time, declutter your living and working spaces, get plenty of fresh air, and find safe places to practice exercise and outdoor activities.
- » **Occupational Health** - Create connections with coworkers, increase your knowledge and skills in your role, set work-life balance boundaries, and learn to leverage your company's Employee Assistance Program (EAP), employee wellness program, and benefits to support your health.
- » **Financial Health** - Practice budgeting, be aware of how to prevent scams and fraud, build an emergency saving fund if possible, and seek out financial guidance from a Certified Financial Advisor as needed.



**Want more resources on men's health?**

Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.



<sup>(1)</sup> <https://www.who.int/news-room/questions-and-answers/item/gender-and-health#:~:text=Gender%20has%20implications%20for%20health,disproportionately%20affects%20women%20and%20girls> <sup>(2)</sup> <https://newsroom.clevelandclinic.org/2022/09/07/cleveland-clinic-survey-reveals-mens-top-health-concerns-as-they-age> <sup>(3)</sup> <https://www.mhanational.org/infographic-mental-health-men> <sup>(4)</sup> <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/mens-health-checkups-and-screenings-are-key> <sup>(5)</sup> <https://www.skincancer.org/early-detection/annual-exams/#:~:text=As%20part%20of%20a%20complete,%20body%2C%20professional%20skin%20exam>