



# Health Promotion Toolbox

## June 2016: Men's Health Month

### Message for Commanding Officers

Maintaining mission readiness means taking charge of one's overall health. When Sailors and Marines adopt healthier lifestyle behaviors they increase their operational readiness and also improve their overall health.

Some health concerns affect men differently than women. While heart disease and cancer are both leading causes of death for men and women in the United States, accidents (unintentional injuries) are one of the top three leading causes of death for men, but not for women.<sup>1,2</sup> When men are aware of health concerns specific to men, they can take better care of themselves. As an example, men are more likely to gain weight around their mid-section due to higher levels of testosterone than women.<sup>3</sup> Fat around the waist increases the risk for heart disease and type 2 diabetes.<sup>3</sup> Men who are aware of this understand the importance of taking measures to maintain a healthy weight. Male Sailors, Marines, and DoD civilians should take charge of their health and adopt healthy living habits that include eating healthy, being active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation, and being tobacco free.

During Men's Health Month, share resources that teach your male Sailors, Marines, and DoD civilians how to make healthier choices across the spectrum of men's health topics. Access the tools and resources by clicking on the blue, underlined hyperlinked text throughout the document. They'll become more knowledgeable about how their behaviors and lifestyle choices affect their overall health, so that they can take steps now to improve their health for years to come!

### What Can Leadership Do?

**As a commanding officer you play an important role in promoting healthy lifestyle behaviors among your male Sailors and/or Marines:**

- Reference the [Activity Ideas](#) for resources about men's health, and tips on how to educate your command about men's health topics.
- Men who are overweight, obese, or physically inactive are at greater risk for high blood pressure, stroke, type 2 diabetes, and other health problems.<sup>4</sup> Encourage Command Fitness Leaders to empower their command to take ownership of their health and



wellness by demonstrating exercise programming and nutrition basics that can reinforce healthy weight.

- 18.8 percent of men ages 18 years and over currently smoke cigarettes and smokeless tobacco use is significantly higher among men than women.<sup>5,6</sup> Set a command climate that promotes a [tobacco free lifestyle](#).
- Almost one quarter of men binge drink, averaging nine drinks per sitting.<sup>7</sup> Create a command culture that is intolerant of underage and [irresponsible drinking behavior](#). Also, provide resources to support [good decision making](#) around alcohol consumption.
- Men experience depression differently from women and may be more likely to feel tired and irritable; lose interest in their work, family, or hobbies; or have more difficulty sleeping.<sup>8</sup> Provide the [Psychological and Emotional Well-Being Guide](#) to personnel to make help-seeking behavior the norm.

#### You can work with Health Promotion Coordinators and Command Fitness Leaders to:

- Let your male command members know about the [impact of men's health on operational readiness](#).
- Share this [infographic](#) that describes ways men can address all areas of personal health.
- Help your male command members stay healthy at any age by sharing this [list of recommended screenings, preventive medicines, and steps they can take for good health](#).
- Educate your command about the importance of [taking charge of their health](#) so they can stay healthy in between health care provider visits.
- Does your command know how to navigate health care provider visits? Share these [four tips on talking to your doctor](#).
- Have your command take the [Healthy Men Quiz](#) to see what health concerns are unique to men.
- Provide your command with a list of [10 nutrition tips for men's health](#).
- Inform your command about [strategies for shaping healthy habits](#).
- Make sure your command is aware of these [summer health and safety tips for men](#) so they not only stay safe and healthy this summer, but all year long!
- Teach your command how to [make sexual health a priority](#) by sharing this article.
- Celebrate National Men's Health Week June 13-19, 2016, by having your command learn about the [steps they can take each day to improve their overall health](#).

## Resources



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



- <sup>1</sup> Men's Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/fastats/mens-health.htm>. Updated February 2016. Accessed April 2016.
- <sup>2</sup> Women's Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/fastats/womens-health.htm>. Updated February 2016. Accessed April 2016.
- <sup>3</sup> Healthy Eating for Men. Academy of Nutrition and Dietetics. <http://www.eatright.org/resource/health/wellness/healthy-aging/healthy-eating-for-men>. Reviewed June 2014. Accessed April 2016.
- <sup>4</sup> Getting on Track: Physical Activity and Healthy Eating for Men. National Institute of Diabetes and Digestive and Kidney Diseases. <http://www.niddk.nih.gov/health-information/health-topics/weight-control/gettingontrack/Pages/getting-on-track-physical-activity-and-healthy-eating-for-men.aspx>. Published December 2008. Accessed April 2016.
- <sup>5</sup> Current Cigarette Smoking Among Adults — United States, 2005–2014. Morbidity and Mortality Weekly Report. 64(44);1233–1240. Centers for Disease Control and Prevention. [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6444a2.htm?s\\_cid=mm6444a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6444a2.htm?s_cid=mm6444a2_w). Published 13 November 2015. Accessed April 2016.
- <sup>6</sup> Tobacco Facts and Figures. About Tobacco. BeTobaccoFree.gov. <http://betobaccofree.hhs.gov/about-tobacco/facts-figures/>. Accessed 10 March 2016.
- <sup>7</sup> Vital Signs: Binge Drinking Prevalence, Frequency, and Intensity Among Adults — United States, 2010. Morbidity and Mortality Weekly Report. 61(01);14–19. Centers for Disease Control and Prevention. [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6101a4.htm?s\\_cid=mm6101a4\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6101a4.htm?s_cid=mm6101a4_w). Updated 13 January 2012. Accessed April 2016.
- <sup>8</sup> Men and Depression. National Institute of Mental Health. <http://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>. Updated 2013. Accessed April 2016.