



Health Promotion Toolbox

Men's Health Month

Activity Ideas

As a health information disseminator, we know you are always looking for new ways to provide compelling and relevant information about promoting overall health and well-being to your male Sailors, Marines, beneficiaries, and DoD civilians. Information that is targeted and easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few ideas you can use to help male audiences learn how to make healthier choices across the spectrum of men's health topics throughout the month. Click on the hyperlinked blue, underlined text to access resources.

Provide materials with information specific to men's health topics

- **Develop a men's health rack of materials or set up a men's health display.**
 - Pack the rack with materials and resources from the NMCPHC HPW Men's Health Toolbox to include fact sheets, brochures, and handouts. Display materials in areas of high traffic and visibility such as entrances, galleys, gyms, offices, and waiting areas.
 - Resources are also available from [Operation Live Well](#), and [Centers for Disease Control and Prevention](#).
- **Host an event or support the command in the promotion of common men's health concerns.**
 - Promote men's health topics by including command level support at your event.
 - Ask your medical departments to participate by having a medical provider there to answer questions. They can also address recommended preventive medical screenings and common diseases or illnesses that affect males.
 - Have your health promotion staff provide information on men's health topics.
- **Display posters.** You can find posters that promote men's health in the [Men's Health Month Toolbox](#).
- **Share infographics.** The Men's Health infographic "[Investing in the Future is Not a Game](#)" is a fun infographic that compares a player with good skills and one without, and shows potential effects of both.
- **Send out email messages.** Share one message each week from the Plan of the Week notes with your command.



- **Celebrate National Men's Health Week** by encouraging your command to adopt these [healthy lifestyle behaviors](#) for men.

Recognize those who are adopting healthier behaviors

- **Encourage a healthier lifestyle competition.** Encourage Sailors, Marines, beneficiaries, and DoD civilian staff to participate in the [One Day at a Time: 31-Day Challenge for a Healthier Life](#). The healthy lifestyle habits promoted in the challenge will help participants increase physical activity, develop healthier eating habits, and manage stress. Maintaining a healthy weight is important for men because men who are overweight, obese, or physically inactive are at greater risk for high blood pressure, stroke, type 2 diabetes, and other health problems.¹ At the end of the month recognize those who successfully complete the challenge and ask them to share what they learned.

References

¹Getting 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.