

Men's Health – Investing in the Future is Not a Game

Making healthy choices includes consulting health professionals and becoming educated on what preventive measures are most important for your health. Use this as a guide for healthy behaviors in your daily life such as a proper diet, exercise, and positive mental health.

For references please visit: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/MensHealthInvestingInTheFuture.aspx>



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

START by selecting your character:



MEN ARE **24%** LESS LIKELY than women to have visited a doctor within the past year.¹⁷

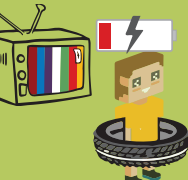
~DOCTOR HINTS~

Your metabolism decreases as you age.

You can lose as many as 150 calories of daily energy expenditure per decade.⁴

Level 1: Healthy Eating, Active Living, Weight Management

Get Moving! Following the recommended physical activity guidelines can help you avoid sizeable energy decreases and keep that belly fat off.



Men are more likely to carry extra weight around their stomach.²

17% of Sailors and 5% of Marines are considered obese based on self-reported height and weight.^{1*}

Men who are overweight, obese, or physically inactive are at greater risk for high blood pressure, stroke, type 2 diabetes, and other health problems.²

Make good choices when you eat. Making half of your grains whole, varying your veggies, and focusing on fruit can help you lose weight.²

~DOCTOR HINTS~
Water is your friend. Limit high-calorie beverages, such as soda, juice, and sports drinks.

Sugary beverages can add **~400 calories** a day to men's diets.³

Physical activity improves your energy levels, fitness, and muscle strength.²

Become Informed!

23% of MARINES AND 20% of SAILORS use supplements AT LEAST once a month.^{1*}
Learn more about how you can put Food First, and Supplements Second.

Supplements can cause irregular heartbeat, stroke, headaches, or other unfavorable reactions.¹⁶

Ask yourself these questions before buying a supplement:
1. Does the dietary supplement claim to cure a wide range of related diseases?
2. Does it promise "quick fixes"?

Level 2: Tobacco Free Living, Reproductive & Sexual Health

24% of SAILORS and 29% of MARINES report smoking.^{1*}

If condoms are ALWAYS USED CORRECTLY, **only 2 OUT OF 100 women WILL get pregnant each year.⁹**

IN 2008, ONLY 50% of unmarried, active duty men in the Navy and Marine Corps reported using a CONDOM the last time they HAD SEX.⁸

Quit Today! Visit UCanQuit2 for resources on preparing to quit, and staying tobacco free.

Smoking can cause erectile dysfunction and damage the DNA in sperm, which may lead to infertility.⁷

18 million males over age 20 suffer from erectile dysfunction.⁷

Smokeless tobacco is a known cause of ⁷:



DID YOU KNOW? Among Marines, 23% report using smokeless tobacco and among Sailors, approximately 12% report using smokeless tobacco.^{1*}

~DOCTOR HINTS~

Reduce the risk of getting HIV by practicing abstinence; being in a long-term, mutually monogamous relationship with a partner who has tested HIV-free; or using a condom every time you have sex.¹¹

People at high risk for HIV should ask their doctor for an HIV test at least every year and ask about the medicine that can be taken to prevent getting HIV.

In 2013, 81% OF NEWLY DIAGNOSED HIV INFECTIONS among men were found to be in MEN WHO HAVE SEX WITH MEN.¹⁰

Level 3: Psychological & Emotional Well-being, Injury & Violence Free Living, Preventing Drug Abuse & Excessive Alcohol Use

Seek help or care from a qualified medical provider. Check out resources from the [Naval Center for Combat & Operational Stress Control](http://NavalCenterforCombat&OperationalStressControl).

You can cope¹⁹: Work out regularly! Exercise is a mood enhancer and stress reliever.

Depression may be different for men. You may feel tired and irritable; lose interest in your work, family, or hobbies; or have more difficulty sleeping.¹²

Avoid driving tired by¹⁸:

- Stopping frequently for breaks.
- Staying at a hotel if you are driving late into the night.
- Sharing the driving with others if possible.

Cut your risk of dying in a crash in half simply by buckling up.¹⁴ Be responsible and refrain from drinking and driving, or riding with someone who has consumed alcohol.

Make it a point to get the recommended 7 to 8 hours of sleep every night.²⁰

~DOCTOR HINTS~

Managing and navigating stress is important for daily living and for positive mental health.¹⁹ It takes practice and strength to address combat stress.

Get the highest score by taking care of yourself!

Motor vehicle traffic, poisonings, drownings, and falls are the leading causes of unintentional injury deaths for males ages 15-44.¹⁴

In the summer of 2015, **54% of off-duty Marine and Navy FATALITIES** were caused by an automobile or motorcycle.¹⁵

Not getting enough sleep can negatively affect your mental health.

Up to **6,000 fatal crashes** each year may be caused by drowsy drivers.¹³

Nearly 23% of Sailors or Marines report binge drinking at least monthly.^{1*}

Excessive alcohol use can interfere with testicular function and male hormone production resulting in impotence and infertility.⁵

SCORE **1,000,000**

SCORE **0**

*This data was self-reported by active duty males who completed the 2015 Fleet and Marine Corps Health Risk Assessment (HRA).