

JUNE 2026 — NATIONAL MEN'S HEALTH MONTH



Empowering Communities
for Health Equity and
Social Justice

MEN'S HEALTH

What Is Men's Health?

Men's health is the physical, mental, and social well-being of men and boys across their entire lifespan. It's not just about surviving illness — it's about thriving at work, at home, in relationships, and in community.

Men's health is shaped by access to care, lifestyle habits, mental health support, and the willingness to ask for help.



PREVENTION & SCREENING

Regular checkups, screenings, vaccinations, and knowing your numbers before problems start.



CHRONIC DISEASE MANAGEMENT

Heart disease, diabetes, hypertension, and cancer are the top killers — all manageable with early action.



MENTAL HEALTH & WELLBEING

Men die by suicide at 4x the rate of women. Emotional health is inseparable from physical health.

Did You Know? Men's Health Facts

- Men are 24% less likely than women to have visited a doctor in the past year (AHRQ, 2021).
- 72% of men say they would rather do household chores than go to the doctor (Cleveland Clinic, 2019).
- Black men in the U.S. have a life expectancy of about 71 years — nearly 6 years less than white men (CDC, 2024).
- Only 53% of U.S. men meet federal guidelines for weekly physical activity (CDC, 2022).



YOUR HEALTH. YOUR FUTURE.
TAKE ACTION TODAY.



GET CHECKED



STAY ACTIVE



EAT WELL



STAY WELL



FROM OUR TEAM —

JUNE IS MEN'S HEALTH MONTH



American men die, on average, **5 years earlier** than women — and most of those deaths are preventable.



The burden falls hardest on **Black men, rural men, and uninsured men**, who face disproportionate risk and the least access to care.



The good news: most of the conditions that kill men — **heart disease, diabetes, colon cancer, and more** — are detectable early and treatable when caught in time.



This issue is built to give you that **foundation** — in plain language, with action steps, and with resources you can use today.



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What Is Most Likely to Kill American Men?

Here are the top causes of death among U.S. men. Most are conditions we can screen for, treat, or prevent with the right habits and timely medical care.

#	Cause of Death	Est. Deaths/Year	Largely Preventable?
1	Heart disease	~350,000	Yes
2	Cancer (all types)	~310,000	Partially
3	Unintentional injuries	~130,000	Yes
4	Stroke	~58,000	Yes
5	Chronic lung disease (COPD)	~55,000	Yes — quit smoking
6	Diabetes	~46,000	Largely yes
7	COVID-19	~65,000	Partially
8	Alzheimer's disease	~42,000	Partially
9	Kidney disease	~28,000	Partially
10	Suicide	~26,000	Yes — treatment works

Source: CDC National Center for Health Statistics, 2023 data (published 2024).

Heart Health — Your #1 Priority

Heart disease kills more American men than anything else — about 1 in 4 male deaths. The good news: up to 80% of heart attacks are preventable. Know Your Risk Factors

High blood pressure — affects 51% of U.S. men (AHA, 2024). Often has no symptoms.

High cholesterol — can silently clog arteries. A blood test is the only way to know.

Diabetes or prediabetes — about half of U.S. men have one or the other.

Smoking — quitting can cut heart attack risk in half within one year.

Obesity — affects 43% of U.S. men (CDC, 2024).

Physical inactivity — nearly half of American men do not get enough exercise.

Simple Steps That Work

- Walk for **30 minutes a day, 5 days a week.**
- Eat more **fruits, vegetables, and whole grains**, and less **salt, sugary drinks, and processed foods.**
- Know your numbers: **blood pressure, cholesterol, and blood sugar.**
- Quit smoking. Call **1-800-QUIT-NOW** for free support.
- Limit alcohol consumption to **no more than 2 drinks per day.**

Taking these simple steps can significantly reduce your risk of heart disease and help you live a longer, healthier life.



HEART ATTACK WARNING SIGNS



CALL 911



- Chest pain, pressure, or tightness



- Pain in arm, shoulder, jaw, or back



- Shortness of breath



- Cold sweat, nausea, dizziness



WHEN IN DOUBT —

CALL 911.

DON'T DRIVE YOURSELF.



MENTAL HEALTH

It's Okay

TO ASK FOR HELP

“ Asking for help is a sign of strength, not weakness. ”

Your mental health matters.
You don't have to go through it alone.

Men's mental health is one of the most overlooked health issues in America. More than 6 million men suffer from depression each year — but most never get help (NIMH, 2024). Many men were taught that showing emotion is weakness. That belief is costing lives.

The Facts:

- Men die by suicide at nearly 4x the rate of women (CDC, 2023).
- Depression in men often shows as irritability, anger, heavy drinking, or pulling away from people.
- Anxiety affects ~14% of men — but men are half as likely to seek help (ADAA, 2023).

What You Can Do:

- Talk to your doctor — depression is a medical condition, not a character flaw.
- Call or text 988 — free, confidential, 24/7 Suicide & Crisis Lifeline.
- Veterans: Dial 988 then press 1. Crisis Text Line: Text HOME to 741741.
- Reach out to a friend, family member, or therapist. Connection saves lives.



1 IN 5

adults experience a mental health condition each year.

(NAMI, 2024)


- ♥ It's okay to have a bad day.
- ♥ It's okay to not be okay.
- ♥ It's okay to ask for help.

You matter. Always.


TALKING CAN HELP

 TALK ABOUT YOUR FEELINGS	 REACH OUT TO SOMEONE YOU TRUST	 TAKE CARE OF YOUR MIND & BODY
 BE KIND TO YOURSELF	 THERE IS HOPE	

WHERE TO GET HELP

 **988 Suicide & Crisis Lifeline**
Call or text 988 or chat at 988lifeline.org

 **Crisis Text Line**
Text HOME to 741741

 **Talk to Someone You Trust**
A friend, family member, mentor, or counselor

 **YOU ARE NOT ALONE.**
Help is here. Hope is real.

Healthy Habits

That Make a Big Difference



NUTRITION

- Fill half your plate with fruits and vegetables at every meal.
- Choose whole grains (oatmeal, brown rice, whole wheat) over white bread and rice.
- Limit red and processed meats — linked to heart disease and colon cancer.
- Drink more water; less soda, juice, and energy drinks.



PHYSICAL ACTIVITY

- Aim for 150 minutes of moderate activity per week — 30 min, 5 days a week.
- Add strength training (push-ups, weights) at least 2 days a week.
- Even a 10-minute walk after meals helps blood sugar and heart health.



SLEEP

- Adults need 7–9 hours of sleep per night. Less than 6 raises heart disease and diabetes risk.
- Snoring loudly or waking gasping? You may have sleep apnea — talk to your doctor.



QUIT TOBACCO

- Tobacco kills 480,000 Americans yearly — the #1 preventable cause of death.
- Quitting cuts heart attack risk in half within 1 year. Call 1-800-QUIT-NOW for free help.
- Ask your doctor about quit medications that double or triple your success rate.



DID YOU KNOW?

LIFESTYLE & DISEASE PREVENTION



Physical inactivity contributes to 8.3% of all deaths globally



Men who sleep fewer than 6 hrs/night are 48% more likely



A Mediterranean diet reduces heart attack risk by up to 30%



Heavy drinking (5+ drinks/occasion) raises risk for liver disease and cancers



E-cigarettes are NOT proven safe alternatives; the FDA has NOT approved any for smoking cessation

Sexual and Reproductive Health

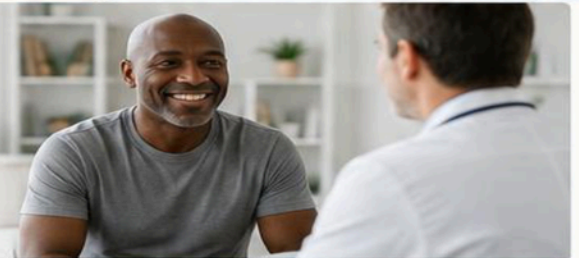
Your Health. Your Life. Your Future.

These topics can feel awkward to bring up — but your doctor has heard it all before. **Ask.**



ERECTILE DYSFUNCTION (ED): AFFECTS ~30 MILLION AMERICAN MEN.

ED can be an early warning sign of heart disease or diabetes — not just a bedroom issue. **Effective treatments exist.**



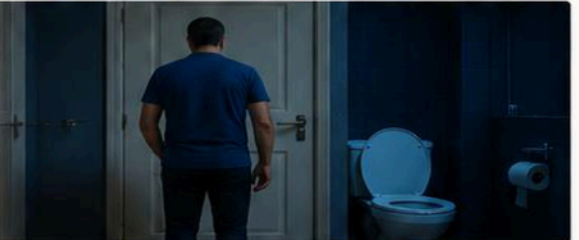
LOW TESTOSTERONE:

Causes tiredness, low sex drive, loss of muscle, and mood changes. **A simple blood test checks your levels.**



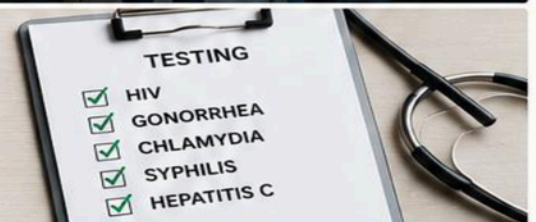
ENLARGED PROSTATE (BPH): AFFECTS OVER 50% OF MEN BY AGE 60.

Frequent urination, weak stream, or waking at night to urinate are common signs. **Safe treatments are available.**



STI SCREENING:

If you are sexually active, ask your doctor about testing for HIV, gonorrhea, chlamydia, syphilis, and hepatitis C based on your history.



PrEP FOR HIV:

If you are at higher risk for HIV, ask about PrEP (pre-exposure prophylaxis) — more than 99% effective when taken as prescribed.



Talk to your doctor. Get the facts. Take control of your health.
Because you deserve to feel your best — at every stage of life.

CANCER: LOWER YOUR RISK, CATCH IT EARLY

About **950,000** men are diagnosed with cancer in the U.S. every year (ACS, 2024). You can't prevent all cancers — but healthy habits and early detection make a real difference.



DON'T SMOKE — OR QUIT IF YOU DO.

Tobacco causes at least **12 types** of cancer.



EAT WELL AND STAY ACTIVE —

obesity is linked to at least **13 types** of cancer.



PROTECT YOUR SKIN —

use SPF 30+ sunscreen daily. Melanoma rates are higher in men after 50.



LIMIT ALCOHOL —

heavy drinking raises risk for mouth, throat, liver, and colon cancers.



GET SCREENED —

colonoscopy at 45+; PSA discussion at 50 (or 40–45 if high risk); lung CT if you've smoked.



MONTHLY SKIN SELF-EXAM —

use the ABCDE rule:

- A** Asymmetry
- B** Border
- C** Color
- D** Diameter (>6mm)
- E** Evolving



Your health. Your future. Take action today.

Screening saves lives.



SCREENING TESTS

CHECK FOR PROBLEMS BEFORE SYMPTOMS APPEAR.

Catching conditions early — when they're easiest to treat — is the whole point.

Recommendations from USPSTF, CDC, ACS, AHA, and AUA.



Recommended Health Screenings for Men

All Adult Men (Ages 18+)

Screening	Start Age	How Often	Why It Matters
Blood Pressure	18+	Every 1–2 yrs	Silent killer — no symptoms until a crisis. Target: below 120/80.
Depression (PHQ-9)	18+	Yearly at checkup	Common and treatable. Men often show it as anger, not sadness.
BMI / Weight	18+	Yearly	Obesity links to diabetes, heart disease, and 13+ cancers.
HIV Test	15–65	At least once; yearly if high risk	1 in 7 with HIV don't know it. Treatment works.
Hepatitis C (HCV)	18–79	Once in your lifetime	Silently damages your liver for years. Curable today.
Immunizations	18+	Per annual schedule	Flu yearly; COVID-19 booster; Tdap; HPV through age 26.

Men Ages 35–64

Screening	Start Age	How Often	Why It Matters
Cholesterol (Lipid Panel)	35+ (earlier if risk)	Every 4–6 yrs	Clogs arteries silently. Simple blood test.
Blood Sugar / Diabetes	35+	Every 3 yrs if normal	Often silent. Early treatment prevents kidney, eye, nerve damage.
Colorectal Cancer	45+	Colonoscopy q10yr or FIT yearly	2nd biggest cancer killer in men. Largely preventable.
Prostate Cancer (PSA)	40–45 if high risk*	Discuss with doctor	*Black men or family history of prostate cancer: start earlier.
Lung Cancer (low-dose CT)	50 if smoked	Yearly while eligible	20+ pack-year smokers, ages 50–80. Cuts lung cancer deaths by 20%.

Men Ages 65 and Older

Screening	Start Age	How Often	Why It Matters
AAA Ultrasound (aorta)	65–75 (once)	One-time scan	For ever-smokers. Aortic aneurysm rupture has 80% mortality. One scan finds it.
Colorectal Cancer	Through 75	Discuss stopping after 75	Benefit decreases after 75; depends on your overall health.
Bone Density (DEXA)	65+ if at risk	Per your doctor	Men get osteoporosis too — especially with low testosterone or steroid use.
Vision & Hearing	65+	Every 1–2 years	Cataracts, glaucoma, and hearing loss are common and treatable.
Fall Risk Assessment	65+	Yearly	Falls are the #1 cause of injury death in men over 65.
Pneumonia & Shingles	65+ / 50+	Per schedule	Pneumococcal vaccine at 65+. Shingrix (shingles) starting at age 50.

























10 Things Every Man Can Do This Month

<p>1. Schedule a checkup. If you haven't seen a doctor this year, call today. This single step can save your life.</p>	<p>2. Know your numbers. Blood pressure, cholesterol, blood sugar, and BMI. Write them down.</p>
<p>3. Walk 30 minutes a day. Start today. It doesn't have to be all at once.</p>	<p>4. Swap one bad food habit. Cut the sugary drink. Add a vegetable. Cook at home one more night this week.</p>
<p>5. Get 7–8 hours of sleep. Pick a consistent bedtime and stick to it this month.</p>	<p>6. Talk to someone. Don't carry stress alone. It's okay to not be okay. Reach out to your doctor or a friend.</p>
<p>7. Check your skin. Do a full-body self-exam. See a dermatologist if anything looks new or changing.</p>	<p>8. Quit tobacco — or make a plan. Call 1-800-QUIT-NOW or ask your doctor about quit medications.</p>
<p>9. Check your vaccines. Are you up to date on flu, COVID-19 booster, Tdap, and shingles (age 50+)?</p>	<p>10. Tell another man. Forward this newsletter. Bring a friend to his checkup. Be the reason someone gets healthy.</p>

Men's Health Checklist — Bring This to Your Doctor

Check off what you've done. Ask your doctor about what's missing.

<div style="background-color: #003366; color: white; padding: 5px;">YOUR HEALTH NUMBERS</div> <ul style="list-style-type: none">  Blood Pressure Checked Target: below 120/80 mmHg  Cholesterol (Lipid Panel) Done LDL, HDL, triglycerides  Blood Sugar / HbA1c Tested Start at age 35 if overweight  BMI and Weight Reviewed 	<div style="background-color: #006666; color: white; padding: 5px;">VACCINES — ARE YOU UP TO DATE?</div> <ul style="list-style-type: none">  Flu Shot Every year  COVID-19 Vaccine/Booster Yearly  Tdap (Tetanus, Diphtheria, Pertussis) Once as adult; Td booster every 10 yrs  Shingrix — Shingles Vaccine 2 doses, age 50+  Pneumococcal Vaccine Age 65+  RSV Vaccine Age 60+, one time
<div style="background-color: #006633; color: white; padding: 5px;">CANCER SCREENINGS</div> <ul style="list-style-type: none">  Colonoscopy or Stool Test (age 45+)  PSA Discussion with Doctor (age 50+ or 40+ if Black or family history)  Lung CT Scan if 20+ Pack-Year Smoker Ages 50–80  Skin Self-Exam Completed 	<div style="background-color: #FF6600; color: white; padding: 5px;">LIFESTYLE</div> <ul style="list-style-type: none">  Getting 150+ min of activity per week  Not smoking — or having a quit plan  2 or fewer alcoholic drinks per day  Sleeping 7–8 hours most nights  Managing stress in healthy ways  Talking to someone if feeling depressed
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>PREVENT TODAY. PROTECT YOUR TOMORROW.</p> </div>  </div>	

Frequently Asked Questions

"I feel fine. Why do I need a checkup?"

Many serious conditions — high blood pressure, high cholesterol, early diabetes, and cancer — have no symptoms. You can feel perfectly fine and have a life-threatening problem that, if caught now, can be fixed. Waiting until you feel sick often means waiting too long.

"What's a PSA test? Do I have to get one?"

PSA is a blood test that can find early signs of prostate cancer. It's not perfect — it can give false alarms or find cancers that would never have caused problems. That's why it's a personal choice you make with your doctor. Start that conversation at age 50, or 40–45 if you're Black or have a family history of prostate cancer.

"How do I know if I have depression?"

Common signs: feeling sad or empty, losing interest in things you enjoy, low energy, trouble sleeping, irritability or anger, pulling away from people, or thoughts of death. In men, depression often shows as anger or heavy drinking rather than sadness. If these feelings last more than 2 weeks, talk to your doctor. It's treatable.

"Is it too late to start taking care of myself?"

No. Research shows lifestyle changes help at any age. Quitting smoking at 60 still extends your life. Losing weight at 55 still lowers blood pressure. Starting to exercise at 70 still strengthens your heart. The best time to start is now.

"My father died of a heart attack at 55. Am I at higher risk?"

Yes. A first-degree male relative with heart disease before age 55 significantly raises your risk. Tell your doctor — they will recommend earlier and more frequent cholesterol and blood pressure screening and will help calculate your personal 10-year heart attack risk.

"What vaccines do I need as an adult man?"

Every year: flu shot and COVID-19 booster. Once as an adult: Tdap (tetanus/pertussis). Starting at 50: Shingrix (shingles, 2 doses). At 60+: RSV vaccine. At 65+: pneumococcal vaccine. Through 26 (shared decision to 45): HPV vaccine. Ask your doctor which ones you still need.

The Bottom Line

5 Things Every Man Should Do This Year

1. See your doctor for a well-man checkup — even if you feel healthy.
2. Know your blood pressure, cholesterol, and blood sugar numbers.
3. Get screened: colon cancer at 45+, lung CT if you've smoked, AAA ultrasound at 65–75.
4. If you're struggling mentally or emotionally — ask for help. Call or text 988.
5. Move your body, eat better, sleep enough, and quit tobacco. These habits prevent more disease than any medicine.

You don't have to be perfect. You just have to start. The people who love you are glad you're reading this.

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