Men’s Health Month: June
Men's Health Week: June 14-20

Studies in recent years have linked efforts in the workplace to improve employees’ health with an improved bottom line—which is particularly good news for men (1). Why?

- Men outnumber women in the workplace.
- Men are less likely than women to seek health care or schedule annual checkups.
- Men develop serious health problems earlier in life than women do.

There is also increasing evidence that workplace initiatives related to health and wellness not only engage men effectively but are welcomed and valued by them.

The Bad News: the CDC’s “top 10” list of threats to men’s health (2), compiled from national statistics:

1 – heart disease       6 - type 2 diabetes
2 - cancer              7 - flu
3 – injuries            8 - suicide
4 – stroke              9 - kidney disease
5 – COPD                10 - Alzheimer’s disease

The Good News: the types of wellness programs being promoted in American workplaces, which combat many of those threats, for example:

- smoking cessation - 1, 2, 4, 5, 10
- weight loss/nutrition programs - 1, 2, 4, 6, 9, 10
- physical exercise programs - 1, 2, 4, 6, 9, 10

Gone are the days when “health at work” meant safety only or simply managing employee absences. The trend of improving health through action taken in the workplace would seem to be a good one, especially for the guys (3, 4, 5).

3 – National Men's Health Week - www.menshealthmonth.org/week/index.html
4 – Men’s health logos, posters, flyers - www.menshealthmonth.org/logospostesflyers/logos.html