

# Health Awareness

A County Health Pool Publication



June, 2014

## Men's Health Month

**H**ealthier men live happier, longer lives. Consider some different health topics and what you need to know.

### Nutrition/Obesity

Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.

Men die at higher rates for the top causes of death. This includes deaths from cancer, diabetes, suicide, and accidents and diseases of the heart, kidney and liver. Taking control of your health by exercising, eating right and visiting your healthcare provider regularly all contribute to a better quality of life.



Depending on age and level of physical activity, men should eat between 2-2.5 cups of fruit and 2.5-4 cups of vegetables every day. People who eat generous amounts of fruits and vegetables as part of a healthful diet are likely to have a lower risk of chronic diseases than people who eat only small amounts of fruits and vegetables.

### Your Healthy Eating Game Plan

**Eat Breakfast** — A good breakfast starts your metabolism and sets the tone for your day.

**Game Plan:** Try whole grain cereal with fruit on top, or grab a yogurt or healthy granola bar for the road.

**Eat at least 1 Fruit & 1 Vegetable at Every Meal** — Fruits & vegetables are the nutritional super-stars.

**Game Plan:** Keep fruits and vegetables on the counter or at the front of the fridge so you're more likely

to see and eat them.

**Variety is the Spice of Life** — Eating many different types of foods helps ensure you're getting all the vitamins and minerals you need.

**Game Plan:** Buy one new fruit or vegetable every time you go to the store to mix it up.

### Cardiovascular Health

Cardiovascular Disease (CVD) is a general term that includes many different conditions affecting the heart and blood vessels. According to the American Heart Association, over 39 million American men (1 in 3) suffer from one or more of these conditions, and every year just under half a million of them die of cardiovascular disease (1 in 4 men)—that's more than cancer and diabetes combined.



(Over)

## Men's Health Month

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Heart disease is a term that may be used to describe any disorder of a person's cardiovascular system which affects their heart's ability to function.

Heart disease is the most common cause of death for men in the U.S. A healthy diet and lifestyle are the most common contributors to good cardiovascular health. Other conditions you may experience as you age include diabetes and high blood pressure. Modest changes to your diet can help to reduce your risk of developing these diseases.

Because CVD interferes with your heart's ability to pump blood through your body, it can keep you from enjoying all of your days' normal activities; working, time with friends and family, playing with your children or grandchildren, climbing stairs.

Look at the list of statements below. If any of them are true about you, make an appointment to see your healthcare provider today.

Just one "Yes" answer means you are at risk. Two "Yes" answers quadruples your risk. Three "Yes" answers increases your risk by 10 times:

- I'm 45 or older. (Your risk of developing cardiovascular disease doubles each decade.)
- An immediate family member (father, mother, brother, sister) was diagnosed with high blood pressure or some other kind of heart condition before age 55.
- I'm African American.
- I get little or no exercise.
- I'm overweight or obese.
- I eat a lot of salty foods and/or I add salt to what I'm eating.
- My cholesterol is high. .
- I smoke. (If you do, you are two to four times more likely to develop heart disease than a nonsmoker.)
- I have high blood pressure.

### Things You Can Do to Reduce Your Risk

Don't forget to move a little! Exercise is essential. You can do the following:

- Take a walk or do desk exercises instead of a cigarette or coffee break at work
- Keep a pair of comfortable walking or running shoes in your car and at work
- Choose physical activities you love
- Break up your physical activity into 10- 15 minute spurts throughout the day
- Walk instead of drive when you can
- Do yard work
- Join an exercise group
- Stay active in the winter — play with your kids
- Take the stairs instead of the elevator

Adopting just a few of these healthy eating and getting active tips can add years to your life and life to your years.

*menshealthresourcecenter.com*

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## Benefits Corner

### Reminder:

As part of the CHP Anthem Life Benefit, CHP members now have access to two additional programs.

1. **Resource Advisor**, assistance with emotional, legal and financial support. For more information you can go to [resourceadvisor.anthem.com](http://resourceadvisor.anthem.com).
2. **Travel Assistance**, for a complete list of services, limitations and exclusions related to travel assistance, go to [anthemlife.com](http://anthemlife.com).

If you have any questions, please contact your CHP Benefits Administrator at 303-861-0507.