Men's Health Toolkit

Resources to help you promote men's health in your organization.

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Created by the NFP Vitality and Wellbeing team.

Men's Physical Health

Heart Disease

Leading cause of death among men[1]. Ways to reduce the risk of heart disease:

- Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly.[1]
- Quit smoking.
- Limit alcohol intake.
- Discuss checking your cholesterol and triglyceride levels with your health care provider.[1]

Cancer

The most common cancers for men are prostate, lung, and colorectal.

- Taking preventative measures and having early screenings done is crucial.
- Talk to your doctor about family history of health conditions and cancer.

Diabetes

More prevalent in men, diabetes increases the risk for other chronic conditions. Poorly managed diabetes can lead to nerve, kidney, and vision problems[3].

- Check your A1c levels with your health care provider.
- Lifestyle management programs to help reduce weight and stress and improve physical activity and sleep.

Prostate Health

Early detection saves lives. Talk to your doctor about screening at:

- Age 50 if you're at average risk and expect to live 10+ more years
- Age 45 if you're at higher risk (e.g., African American or have a close relative diagnosed before age 65)
- Age 40 if you're at highest risk (more than one close relative diagnosed early)

References
1 CDC
2 American Cancer Society
3 Mayo Clinic

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Men's Mental Health

Prevalence and Underdiagnosis. Mental health disorders are common among men in the US, but they are often underdiagnosed and undertreated. About 1 in 10 men struggles with anxiety or depression, but only half seek help, largely due to stigma and difficulties expressing emotions[1,2]. Men are less likely than women to report symptoms or pursue treatment, leading to many cases going unrecognized[1,3].

Key Conditions

- **Depression**: Often shows as anger or irritability rather than sadness, making it harder to recognize.
- **Anxiety**: Less frequently diagnosed in men but still impactful.
- **Substance Abuse**: More common in men and often linked to other mental health issues.
- **Suicide**: Men are four times more likely to die by suicide than women, often due to untreated mental illness and reluctance to seek help.

Barriers to Care and Treatment

- **Stigma**: Fear of appearing weak prevents many men from seeking help.
- **Communication**: Men may not recognize or talk about their symptoms.
- **Therapy and Medication**: Both are effective but underused by men.
- **Lifestyle**: Exercise and social support can help.
- Take a mental health test with [Mental Health America](#).

References
1 [Medical News Today](#)
2 [Newsport Institute](#)
3 [Department of Health](#)

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Podcasts, Websites & Apps

Podcasts

- [The Original Guide To Men's Health on Apple Podcasts](#)
- [Men's Mental Health Show](#)
- [The Armor Men's Health Hour](#)
- [The Company of Dads Podcast](#)

Websites, Articles and Guides

American Cancer Society
- [Cancer Facts for Men | Common Cancers in Men | American Cancer Society](#)

National Institute of Mental Health
- [Men and Mental Health - National Institute of Mental Health (NIMH) (nih.gov)](#)

Movember
- [Movember - Changing the face of men's health – Movember](#)

Mental Health America- 5 Minute Guide to Men's Mental Health
- [Infographic: Mental Health for Men | Mental Health America (mhanational.org)](#)

Mayo Clinic
- [Men's health: Checkups, screenings key - Mayo Clinic Health System](#)

National Cancer Institute
- [Screening Tests to Detect Colorectal Cancer and Polyps - NCI](#)

Direct to Consumer Wellbeing Apps

[Calm](#)

[Insight Timer](#)

[Better Help](#)

[Seven](#)

[MyFitnessPal](#)

NFP Wise & Well Resources

NFP Training Centers

NFP has developed an employee facing landing page that includes our monthly newsletter, webinars, and toolkits. These pages are regularly updated with our most recent training materials and resources.

[Wise & Well Training Center](#) - For Your Employees

[Here is a flyer](#) that you can share with your employees