

Men's Health Toolkit

Resources for our NFP clients and their employees



June 2024

June is Men's Health Month! This month is dedicated to helping men act on their health through setting goals and creating a roadmap to achieve those goals. We want to encourage men to take care of themselves by eating well, exercising, properly managing stress and completing preventative screenings. Men are less likely to adhere to doctor appointments and seek mental health and well-being support.

This **Men's Health Toolkit** includes learning more about Movember (leading charity for men's health), external websites and podcast resources and screening recommendations designed to support you and your male population. Anyone can assist in the men's health movement and help men take that first step towards taking ownership of their health!

Important Dates to Remember:

June 13th – 19th is Men's Health Week & June 17th is Wear Blue

Day to promote regular checkups and highlight the health issues that men might face.





Movember is the leading charity changing the face of men's health. Since 2003, Movember has funded more than 1,250 men's health projects around the world. They exist to help men live happier, healthier, longer lives – this is what drives every single one of their men's health projects.

Cause Areas

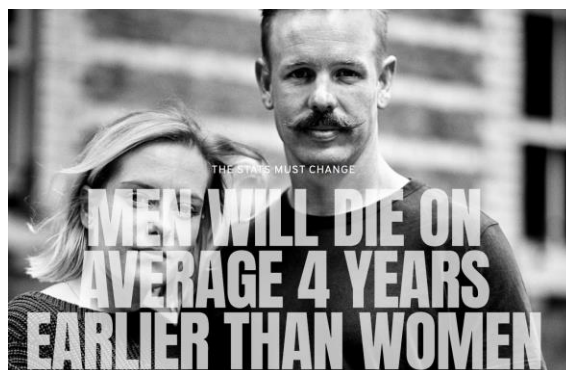
- Mental health and suicide prevention
- Prostate cancer
- Testicular cancer

Raise Funds

- Grow a Mo (mustache)
- Move for mental health
- Host a Mo-Ment
- Mo Your Own Way

Learn More

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



Screening Recommendations

Take charge of your health! The biggest threats to men's health are heart disease and cancer. Other health risks include injury, lung disease, stroke and diabetes. Receiving recommended health screenings is one of the most important things you can do for your health. Looking to act now? Start [here](#) and review the recommendations below.

Preventative Screenings

It is important to see a doctor for regular checkups, even if you feel healthy. Health screenings with your doctor will assess risk for health conditions such as, heart disease, cancer & diabetes.

Cancer Screening Recommendations

Cancers that affect men the most are prostate, colorectal, lung and skin cancers. To learn more about common cancers and recommended screenings visit [American Cancer Society](#).

Mental Health Screening

Mental and physical health **are equally important**. Mental health includes emotional, psychological, and social well-being. Take a mental health test with Mental Health America, [Take a Mental Health Test – Mental Health America \(mhanational.org\)](#).

Resources

Review the following resources as you search for reputable and updated information to support your employees.



Websites

Movember

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

Mayo Clinic

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

National Cancer Institute

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

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 \(NIMH\) \(nih.gov\)](#)

Mental Health America- 5 Minute Guide to Men's Mental Health

[Infographic: Mental Health for Men | Mental Health America \(mhanational.org\)](#)



Podcasts

[The Original Guide To Men's Health on Apple Podcasts](#)

[Men's Mental Health Show](#)

[The Armor Men's Health Hour](#)