



## JUNE IS NATIONAL MEN'S HEALTH MONTH

June 13, 2019- With Father's Day approaching, this is the perfect time to encourage the men in our lives to take care of themselves. District Health Department #10 (DHD#10) celebrates June as National Men's Health Month and urges all men to take steps to be healthier through exercise, eating healthy, and getting screened for potential illnesses.

"The purpose of Men's Health Month is to increase awareness of preventable health problems and encourage early detection and treatment of diseases in boys and men," said Kevin Hughes, DHD#10 Health Officer for DHD#10.

So, what can men do to be healthier?

Take action:

- **Eat healthy** - limit eating foods high in calories, sugar, salt and fat and add more fruits and vegetables to your diet.
- **Get moving** - make a goal to reach 2 ½ hours of regular physical activity per week. Make sure to participate in activities you enjoy to stay motivated.
- **Make prevention a priority** - schedule regular checkups and health screenings with your doctor.
- **Set an example** - consistently pull the above healthy habits together and be a role model for those watching you.

DHD#10 offers several services for men including: colorectal cancer screening, STI/HIV testing and treatment, sexual health programs, tobacco cessation programs, diabetes prevention programs, immunizations, and more. To schedule services, call 888-217-3904.

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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