

Chaplain's Spot
Men's Health Week – June 11-17
<http://www.menshealthweek.org.au/>



Why Men's Health?

A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts, in various ways.

Men's Health Week has a direct focus on the health impacts of men's and boys' environments. It serves to ask two questions:

- 1] What factors in men's and boy's environments contribute to the status of male health?**
- 2] How can we turn that around and create positive environments in men's and boy's lives?**

7 HEALTH FACTS MEN NEED TO KNOW

- GENETICS:** Only 30% of a man's overall health is determined by his genetics.
- LIFESTYLE:** 70% is controllable through lifestyle.
- MENTAL HEALTH:** Men live 9 years in poor health, mostly preventable by making small lifestyle changes. Inactive men are 60% more likely to suffer from depression than those who are active.
- SLEEP:** Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.
- NUTRITION:** Getting your 5-7 servings of fruit and veggies is as simple as 1 apple, 1/2 an avocado, 1 stalk of celery, 1/2 a grapefruit 5 pieces of broccoli.
- ACTIVITY:** Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.
- DRINKING:** Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 diabetes.

SOURCES:
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DontChangeMuch.ca
MensHealthFoundation.ca

Quote of the week: It's not that I'm so smart, it's just that I stay with problems longer. -Albert Einstein

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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