

# #KNOWYOURMANFACTS

**95%**  
WORKPLACE  
DEATHS ARE  
MEN

MEN DIE  
**6**  
YEARS YOUNGER



**3 IN 4**  
SUICIDES  
ARE MEN



**2 IN 3**  
PREVENTABLE  
DEATHS ARE MEN

**4 IN 5**  
HEART DISEASE  
DEATHS ARE MEN  
(UNDER 65)



**BOYS' EDUCATION**

The better your education, the better your health



**WEIGHT**

Men with a waist under 95cm are healthier



**INVOLVED DADS**

Involved dads are good for everyone's health



**FITNESS**

Even walking can help you keep fit and live longer



**WORK + MONEY**

Your social and economic status shapes your health



**DIET**

Eating more fruit and veg can prevent disease



**FAMILY + MATES**

Strong social connections keep men happy & healthy



**HABITS**

Healthier men drink less alcohol and quit smoking



**MALE-FRIENDLY SERVICES**

Men use services that are great at helping men



**BLOOD PRESSURE**

Checking your blood pressure helps you make healthy choices

**BE A HEALTHY MATE**

**BE A GREAT LISTENER**

**JUST BE THERE**