

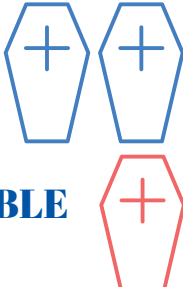
MEN ACCOUNT FOR...

3 IN 4
SUICIDES




OF
WORKPLACE
DEATHS

2 IN 3

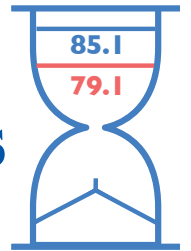


PREVENTABLE
DEATHS

4 x MORE
HEART DISEASE DEATHS
(UNDER 65)



...AND
6 MEN DIE
YEARS
YOUNGER



5 SOCIAL FACTORS THAT KEEP MEN HEALTHY



BOYS' EDUCATION

The better your education, the better your health



WEIGHT

Men with a waist under 95cm are healthier

5 INDIVIDUAL FACTORS THAT MAKE MEN HEALTHY



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



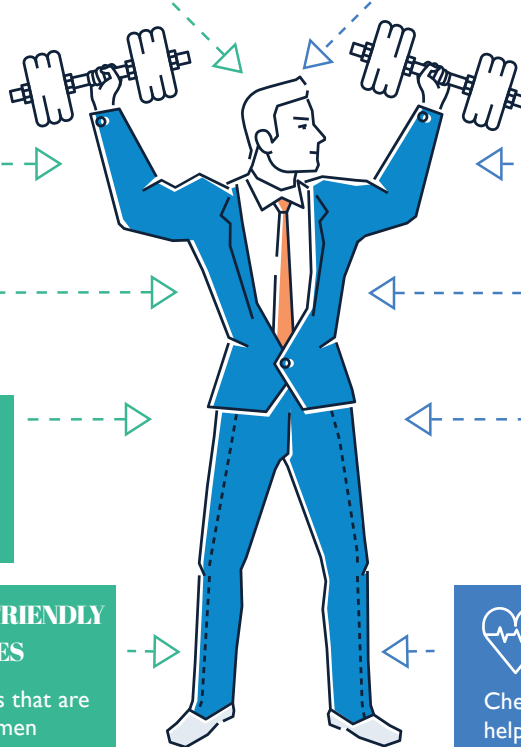
MALE-FRIENDLY SERVICES

Men use services that are great at helping men



BLOOD PRESSURE

Checking your blood pressure helps you make healthy choices



3 WAYS TO BE A HEALTHY MATE



BE A HEALTHY ROLE MODEL



BE A GREAT LISTENER AND JUST...



BE THERE

#MENSHEALTHWEEK

15-21 JUNE 2020

menshealthweek.org