



## **NEWS RELEASE**

### **ALABAMA DEPARTMENT OF PUBLIC HEALTH**

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## **ADPH observes National Men's Health Month and emphasizes Alabama's 'Men's Ten'**

### **FOR IMMEDIATE RELEASE**

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The Alabama Department of Public Health joins with the U.S. Department of Health and Human Services to promote Alabama's first celebration of National Men's Health Month in June.

The purpose of Men's Health Month is to heighten awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys. Statewide outreach includes making materials available to the 67 county health departments to support local community awareness.

#### **The top causes of death for men in Alabama are as follows:**

1. Heart disease
2. Cancer
3. Unintentional injuries (accidents)
4. Chronic lower respiratory disease
5. Stroke
6. Diabetes mellitus
7. Alzheimer's
8. Suicide
9. Nephritis, nephrotic syndrome and nephrosis
10. Influenza/pneumonia

#### **Why men are at high risk:**

1. A higher percentage of men have no healthcare coverage.
2. Men make half as many physician visits for prevention, compared to women.
3. Men are employed in dangerous occupations, such as firemen, policemen, construction workers, aircraft pilots and flight engineers, mining, iron and steel workers, and farmers and ranchers.
4. Research on male-specific diseases is under-funded.
5. Men are less likely to have healthy lifestyles and are more likely to engage in risky behaviors at younger ages.

"Men are often the family bread winners, and as a result, forget to make their own health a priority. Risks to the health and well-being of the nation's men (and our families) are on the rise, due to a lack of education, awareness, and pursuit of preventative screening and care," said Donald E. Williamson, M.D., state health officer.

By educating men, their families, and health care providers about the importance of early detection of male health issues, reduced rates of mortality will result. Male health issues include cardiovascular health, prostate health, cancer (lung, prostate, skin, colorectal, testicular and more), HIV/AIDS, mental health, osteoporosis and other health issues. Reducing male-specific diseases will improve the health of the nation's men and improve overall economic well-being.

Of special concern is the physical, mental, and emotional well-being of military service members returning from war zones and veterans. Their needs and the needs of their families must be addressed.

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