



News Release

Department of Health and Wellness

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FOR IMMEDIATE RELEASE

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FULTON COUNTY ENCOURAGES MEN TO TAKE CARE OF THEIR HEALTH

June is National Men's Health Month

National Men's Health Week is June 15-21. The Fulton County Department of Health and Wellness is urging men to improve their health by adopting new healthy activities, such as healthy eating, exercise and not smoking.

"I challenge all men in Fulton County to adopt at least one new healthy activity during Men's Health Week, and then maintain it," said Dr. Kim Turner, Interim Health Director. "Choose something that you can accomplish, but also that pushes you a little."

Research shows that at least 50% of all deaths are associated with preventable factors, like cigarette smoking, poor nutrition, physical inactivity, alcohol and motor-vehicle crashes. A few actions, like healthy eating and exercise, can go a long way in improving men's health and preventing disease.

In Fulton County:

- The leading cause of death among men is **heart disease**.
- Men are more likely than women to be **overweight**.
- Men are more likely to die from a **motor vehicle crash**.
- Men are more likely to participate in **binge drinking**.
- Although there's been a significant decline in smoking among male adults, men are more likely to **smoke**.
- Men are about five times more likely to die from **injuries due to firearms**.

The following health recommendations will help all men improve their health and prevent disease:

- **Eat a healthy and varied diet** that is low in fat and high in fiber
- **Take part in a minimum of 30 minutes of moderate-intense physical activity** on most, preferably all, days of the week.

- **Drinking only in moderation.**
- **Quit tobacco use and avoid smoky places.**
- **Keep handguns safely stored and locked.**

The Fulton County Office of Healthy Behaviors will sponsor a REACH for Wellness Coalition Meeting on Thursday, June 11 from 5:30pm to 7:00pm at the Mechanicville Library located at 400 Formwalt Street, Atlanta. Men and women are encouraged to attend to learn more about the importance of health screenings and the health care services provided by the Fulton County Department of Health and Wellness. For more information, call 404.730.1513.

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