



News Release

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Utah Men Die Earlier Than Women

Men's Health Week urges guys to start taking care of themselves

(Salt Lake City, UT) – This year it's estimated that more than 1,700 Utah men ages 19-64 will die as a result of just three things: cancer, heart disease, and injuries. Fortunately, there's a lot Utah men can do to get healthy, stay safe and not become another statistic. To encourage men to "Step Up" and take control of their health, the Utah Department of Health (UDOH) and the Utah Healthy Living Foundation have teamed up to celebrate National Men's Health Week, June 14-20, 2010.

"Despite advances in medical technology and research, men continue to live an average six years less women," said Dr. David Sundwall, UDOH Executive Director. "For example, men smoke more, wear seat belts less, and don't seek medical help as often. These behaviors can be harmful, but it's never too late for any of us men to step up and make choices that will help us live longer, healthier lives."

Governor Herbert signed a proclamation at the state capitol today declaring June 14-20 as Men's Health Week in Utah. On June 26, The Healthy Living Foundation is sponsoring a Stampede for Men's Health, a 5K run/1 mile walk. That same day, Utah's Cruisin' for a Cure, Inc. is partnering with the Foundation to sponsor a car show. Proceeds will be used to raise awareness about the dangers of prostate cancer, and the need for prevention and early detection efforts. A new project this year also involves development of a specialized Utah prostate cancer awareness license plate to bring further attention to get regular checkups.

"Many of the health risks that men face—like prostate cancer and heart disease—can be prevented or treated with early diagnosis and screening." said Dr. Steve Gange, President of the Utah Healthy Living Foundation. "In addition to a yearly checkup, all men need to

get out and be more physically active, eat a better diet and lower their stress levels,”
Gange added.

UDOH data show that, for men ages 18-64:

1. Injuries are the leading cause of death. In 2008, men were involved in 70% of all fatal car crashes and of these, only 49% of the victims wore seat belts.
2. Cancer is the second leading cause of death, yet only 68% of men 50 and older have had a sigmoidoscopy or colonoscopy to prevent colon cancer (the 2nd leading cause of cancer death in Utah).
3. Cardiovascular disease is the third leading cause of death, yet in 2008, only 35% of men knew the signs and symptoms of a heart attack and only 50% knew the signs of a stroke.

Eight easy things men can do for themselves and their families are:

- Wear a seat belt every time you are in a vehicle.
- Wear a helmet when driving or riding on an ATV, bicycle, motorcycle, or other motorized vehicle.
- Get your cholesterol and blood pressure checked, starting at age 35.
- Talk to your doctor about prostate cancer starting at age 40.
- Get screened for colon cancer starting at age 50.
- Quit smoking.
- Eat more fruits and vegetables.
- Get regular physical activity.

Men and those who love them can visit www.health.utah.gov/menshealth for prevention tips and resources on other men’s health issues like arthritis, asthma, depression, stroke, obesity, skin cancer, and violence. The site also has a list of events being held during Men’s Health Week. .

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.