

These frequently asked questions will help educate you and your constituents on Canadian Men's Health Week and provide information on how to get involved. For more information on CMHF contact us at info@menshealthfoundation.ca.

What is Canadian Men's Health Week?

Canadian Men's Health Week is a nationally recognized week dedicated to improving the health of men in our country. The first ever week will be from Monday June 9th – Sunday June 15th, 2014. During this week the Canadian Men's Health Foundation will partner with other health organizations including the Dietitians of Canada, the Canadian Medical Association and the Canadian Mental Health Association to raise awareness of men's health issues and provide tips and tools for men and their families to live healthier lives.

What's the point?

By dedicating a week to men's health, we are raising awareness of the men's health problem in Canada, and starting the conversation around what men can do about it. CMHF is encouraging men to make small, healthy changes that will make them feel better, perform better and live healthier lives through the website DontChangeMuch.ca

Aren't Canadian men healthy already?

The statistics around men's health in Canada are alarming – overall Canadian men are living in poor health. But 70% of men's health conditions/diseases are preventable.

- Men are 79% more likely to die from heart disease.
- Men are 57% more likely to die from diabetes
- 67% of Canadian men are obese
- Males account for 82% of alcohol related deaths.
- Males are 80% of successful suicides in Canada.

What are the biggest health risk factors for men?

In a word: lifestyle. Only 30% of Canadian men's chronic health conditions are genetic — 70% are caused by lifestyle. And largely because of these bad habits, Canadian men spend an average of 9 years of their lives in poor health.

What can I do to get involved?

Spread the word: share simple health tips from DontChangeMuch.ca on your social media channels, have a conversation with your buddies about health, and simply start making small changes in your own life.

I don't have a lot of extra time on my hands, how can I get healthy?

Simple: Don't Change Much. Make small, healthy changes to your daily routine that will make big impacts on your overall health. Canadian Olympian Simon Whitfield suggests, "Skip the sugary cereal. You're not 9 anymore. Eat a hearty breakfast of oatmeal and eggs so you are not hungry again by 9am. Helps control your weight, and lessens the risk of diabetes." Six other champions including Trevor Linden, Adam Kreek, She Emry, Ned Bell, Jim Hughson and Alain Vigneault offer their tips on DontChangeMuch.ca, as well as other tips and resources to starting getting healthy today.

What is the Canadian Men's Health Foundation?

Canadian Men's Health Foundation (CMHF) is a national, non-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg. The mission of CMHF is to inspire Canadian men to live healthier lives. 70 % of men's health problems can be prevented by adopting healthy lifestyles. CMHF will create a new social awareness and motivate men and their families using health information and lifestyle programs in ways they can hear, absorb, and act on.