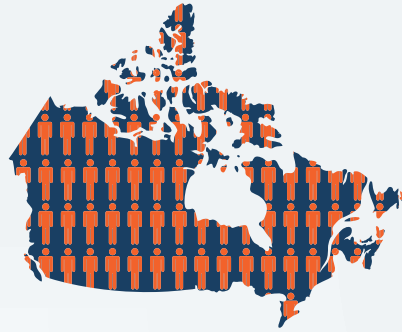


# MEN'S BEHAVIOURS. MEN'S HEALTH.

NEW SURVEY:  
**1000 CANADIAN  
MEN AGED 30-54**



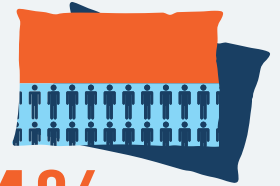
**58%**  
Do not see  
their diet  
as healthy



**43%** Have done no  
moderate to  
vigorous physical  
activity in the  
past day

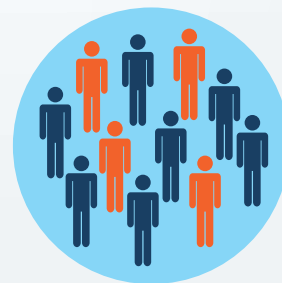


**44%**  
Did not get enough  
sleep last night



## MANY MEN FEEL UNWELL OR ARE UNHEALTHY

**1 IN 5**  
Felt anxious,  
depressed,  
or sad  
in the past day



On average  
men have **4** men  
in their close circle  
who they consider  
unhealthy

## THE GOOD NEWS IS

**70%**  
Of men's health  
conditions are  
preventable



### SOURCE

Canadian Men's Health Foundation survey conducted between May 26 to 29, 2014. For this survey, a sample of 1000 Canadian men aged 30 to 54 from ResearchNow's online panel were interviewed.



Don'tChangeMuch.ca  
MensHealthFoundation.ca