

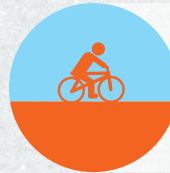
MEN'S HEALTH REPORT CARD

In a survey of **1000**
Canadian men aged **30-54**



58%

Do not see their diet as healthy



43%

Have done no moderate physical activity recently



69%

Ate something high in sugar or salt recently



44%

Did not get enough sleep last night



79%

More likely to die from heart disease



20%

Felt anxious, depressed, or sad recently



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