

FOR IMMEDIATE RELEASE
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First Canadian Men's Health Week Starts Nation-wide Discussion

The first Canadian men's health week—June 9 to 15—began a nation-wide conversation on men's health issues that the Canadian Men's Health Foundation (CMHF) is working hard to keep going throughout the year.

In Ottawa, The Honourable Rona Ambrose, Minister of Health Canada said, "We need to renew our focus on improving the health of boys and men and we need to talk more about men's health. Together, we can, and must, challenge the attitudes that have fostered a silence on men's health issues."

CMHF founder Dr. Larry Goldenberg says we have to talk about men's health. "The statistics around men's health in Canada are alarming, but 70% of men's health conditions and diseases are preventable." Goldenberg says men are 79% more likely to die from heart disease, 57% more likely to die from diabetes and are 80% of suicides. "These are not just numbers. These are our fathers, our brothers, our sons."

The Canadian Men's Health Foundation recently launched a national campaign to show men simple steps they can take to improve their health at www.DontChangeMuch.ca

CMHF worked with the Dietitians of Canada (DC), Canadian Medical Association (CMA), and the Canadian Mental Health Association (CMHA) to declare June 9 to June 15 Canadian Men's Health week. The DC claimed Monday, June 9th as "Healthy Eating Day" and developed "Chow Down: Five Tips for Healthier Eating." June 10th focused on Mental Health Awareness, with the CMHA presenting five practical tips for men. And the CMA dubbed Wednesday, June 11th as "Stay Healthy Day" with five tips to reduce men's risk of developing some of the most common male health issues.

From a Nova Scotia radio interview about the You Check Tool, to the Minister of Health's declaration in Ottawa, to a three part series on men's health on BC TV, people were talking about men's health right across Canada.

On the radio in Bridgewater Nova Scotia, CMHF Program Manager Joe Rachert talked about You Check, the online tool that assesses a man's risk for seven illnesses including diabetes, heart disease, depression, erectile dysfunction and prostate cancer. Joe said the tool is the first of its kind online. "This tool is one of those small steps a guy can do to start getting healthier."

In Vancouver, Dr. Goldenberg and retired Olympian Simon Whitfield participated in a series of interviews on men's health and the changes men can make to avoid becoming a health statistic.

"Men, take some steps now, for yourself and those who count on you," says Goldenberg. "Families, help guys step up and stay with us. Tell them about www.DontChangeMuch.ca. This is a conversation we really need to keep going."

About 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. Funding for CMHF has been provided by private donors, grants from the British Columbia Provincial Government, and Sun Life Financial.

About Dietitians of Canada

Dietitians of Canada is the national professional association for dietitians, representing close to 6,000 members at the local, provincial and national level. As the voice of the profession, Dietitians of Canada strives for excellence in advancing health through food and nutrition.

About the Canadian Mental Health Association (CMHA)

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness. Visit the CMHA website at www.cmha.ca today.

About Canadian Medical Association

The Canadian Medical Association (CMA) is the national voice of Canadian physicians. Founded in 1867, the CMA is a voluntary professional organization representing more than 80,000 of Canada's physicians and comprising 12 provincial and territorial medical associations and 60 national medical organizations. CMA's mission is to serve and unite the physicians of Canada and be the national advocate, in partnership with the people of Canada, for the highest standards of health and health care.

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