

THE COST OF POOR MEN'S HEALTH

**\$36.9
BILLION
PER YEAR**

MEN'S HEALTH COSTS (in Billions)

DIRECT	
Health Care Costs	\$11.9
INDIRECT	
Premature Mortality	\$14
Short-Term Disability	\$2.4
Long-Term Disability	\$8.6
TOTAL	\$36.9

Thanks to bad lifestyle behaviours



**THE GOOD NEWS IS
IF CANADIAN MEN:**



**GOT
ACTIVE**



**QUIT
SMOKING**



**SHED
EXCESS
WEIGHT**



**REDUCE
ALCOHOL**

WE COULD PREVENT UP TO 70% OF THESE COSTS



**DontChangeMuch.ca
CanadianMensHealthWeek.ca
MensHealthFoundation.ca**

SOURCE: CANADIAN MEN'S HEALTH FOUNDATION
Prepared by: H. Krueger & Associates Inc., *The Economic Burden Associated with Diseases in Men And the Contribution of Tobacco Smoking, Excess Weight, Alcohol Consumption and Physical Inactivity to this Burden*, October 2014.