

Ontario Supporting Work to Improve Men's Health

Province Helping Promote Small Steps That Lead to Healthier Lifestyles

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Ontario is partnering with the Canadian Men's Health Foundation (CMHF), providing funding to encourage men to make small changes in their lives that can make a big difference to their health.

Recognizing Canadian Men's Health Week, Premier Kathleen Wynne was joined by CMHF President Wayne Hartrick and Toronto Maple Leafs President Brendan Shanahan at the Air Canada Centre in Toronto to announce the province's support for a series of CMHF initiatives to promote healthier lifestyles for men.

The health statistics are alarming -- according to the CMHF, men are 40 per cent more likely than women to die from cancer and 70 per cent more likely to die of heart disease. These increased risks can be directly linked to nutrition, exercise, alcohol consumption and smoking, meaning simple lifestyle changes can significantly improve men's overall health. CMHF is promoting small steps such as sleeping seven to eight hours per night, consuming no more than 15 alcoholic drinks per week, eating eight to 10 servings of fruit and vegetables per day, and exercising for 150 minutes every week.

Ontario is providing \$5 million over five years to support CMHF's work to increase men's health literacy, improve research and data collection, reach men in ethnic communities who are at increased risk, and engage with health care professionals and chronic disease organizations to help men make better health decisions.

CMHF's work complements other government initiatives that will improve men's health outcomes, including [support to help smokers quit](#), education on [the risks of misusing alcohol](#) and OHIP coverage for [screening tests](#) for men suspected of having prostate cancer.

Ontario is increasing access to care, reducing wait times and improving the patient experience through its [Patients First Action Plan for Health Care](#) and [OHIP+: Children and Youth Pharmacare](#) -- protecting health care today and into the future.

QUOTES

" Our fathers, sons, brothers, partners, friends and community leaders can live healthier, longer lives by making small lifestyle changes. Our government is working with partners such as the Canadian Men's Health Foundation to provide men with the information and support they need to improve their quality of life, for them and their families."

- Kathleen Wynne

Premier of Ontario

" We're continuing to work with our community and health care partners to promote the importance of men's health. Embracing a healthier lifestyle will lead to better health outcomes for men, and also benefit our families and communities across Ontario."

- Dr. Eric Hoskins

Minister of Health and Long-Term Care

QUICK FACTS

- June 12 to 18 is the fourth annual [Canadian Men's Health Week](#).
- Ontario is providing \$5 million over five years to [CMHF](#), a non-profit organization that encourages men and their families to become proactive about their health.
- In 2015, more male than female Ontarians ages 12 or older reported that they smoked cigarettes (21 per cent versus 15 per cent), drank alcohol heavily (24 per cent versus 14 per cent) or ate unhealthy foods (72 per cent versus 66 per cent).

LEARN MORE

- [Don't Change Much — small changes that have a big impact on men's health](#)
- [Patients First: Action Plan for Health Care](#)

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