
NEWS RELEASE

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Ministry of Health

Funding to help support men's health

VICTORIA – The B.C. government has provided the Canadian Men's Health Foundation (CMHF) with \$1 million to support three programs designed to improve men's health.

"Provincial funding will go to support programs three programs – Don't Change Much, You Check and DUDES Club – which are all designed around the concept of taking small steps that lead to better lifestyles," said Adrian Dix, Minister of Health. "The long-term impact of programs such as DUDES Club, designed to support Indigenous men, is to reduce illness and help improve quality of life."

Don't Change Much is a website with recipes and easy ways to get active, including tips from Trevor Linden, Olympians Simon Whitfield and Adam Kreek, and former CFL linebacker Shea Emry.

You Check is an online questionnaire that men can use to get a snapshot of their health.

DUDES (Downtown Urban Knights Defending Equality and Solidarity) Club facilitates a community for Indigenous men's wellness, offering events and activities that focus on spiritual, physical, mental and emotional health.

The DUDES Club started in the Downtown Eastside and has expanded to Kamloops, Prince George, Prince Rupert, Smithers, Terrace and Houston, as well as Kitselas First Nation, Blueberry River First Nations, Gitxaala Nation, Lheidli T'enneh First Nation, Skidegate Band Council, Nadleh Whut'en First Nation, Gitwangak Indian Band, Lake Babine Nation, West Moberly First Nations, Nak'azdli Whut'en, Takla Lake First Nation, Deylu Dena Council, Gitanmaax Band Council, Gitga'at, Gitsegukla First Nation, Sauteau First Nations, McLeod Lake Indian Band and Gitanyow Nation.

"We applaud the B.C. government as a leader in Canada – recognizing the need to reduce demands on the health-care system by helping people lead healthier lives through small changes to lifestyle habits," said Wayne Hartrick, president, Canadian Men's Health Foundation. "Through this funding we will expand our work to help men in B.C. live healthier lives to the benefit of their families and communities."

The CMHF will use the funding to grow the DUDES Club program to additional communities, increase Don't Change Much and You Check website traffic, and, finalize the Don't Change Much smartphone app.

Quick Facts:

- CMHF is a non-profit organization founded to inspire men to adopt a healthier lifestyle.

- June 9 to 16, 2019, is Canadian Men's Health Week.
- A recent study commissioned by the CMHF found 81% of Canadian men surveyed have workplace-related stress, 60% go to work when they are sick, 46% work extended hours and 30% work on their holidays.
- The study also found 60% of men say work negatively affects their sleep. As well, 47% skip a meal while at work at least one day a week, 17% skip meals three or more days a week and 22% eat unhealthy snacks three or more days a week.

Learn More:

For more information about the CMHF, visit: <https://menshealthfoundation.ca/>

For more information on the CMHF work study, visit:

<https://menshealthfoundation.ca/menshealthweek/2019/press-release/>

For more information on Don't Change Much, visit: <https://dontchangemuch.ca/>

For more information on You Check, visit: <https://youcheck.ca/>

For more information on DUDES Club, visit: <https://www.dudesclub.ca/>

Contact:

Ministry of Health
Communications
250 952-1887 (media line)

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