

FOR IMMEDIATE RELEASE  
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## **First Canadian Men's Health Week Declared**

*Week leading up to Father's Day to highlight men's health issues.*

Canadian Men's Health Foundation (CMHF) is proud to be supported by the Dietitians of Canada (DC), Canadian Medical Association (CMA), and the Canadian Mental Health Association (CMHA) in declaring June 9 to June 15 Canadian Men's Health week. The organizations will focus attention on men's health issues and some simple steps men can take to feel better and live healthier.

"Canada and its families would be a better place if more men lived more active and healthier lives," says Dr. Larry Goldenberg, CMHF Founder and Chairman of the Board. "CMHF is working to create a new social movement that will inspire and motivate men to live healthier and feel better. In time, men's attention to health will become second nature, like seatbelts."

The Canadian Men's Health Foundation recently launched a national campaign to raise awareness of men's health issues and show men ways to improve their health at [www.DontChangeMuch.ca](http://www.DontChangeMuch.ca)

Dietitians of Canada are claiming Monday, June 9th as "Healthy Eating Day" and have developed "Chow Down: Five Tips for Healthier Eating".

"Men often know what to do, but knowledge does not always translate to action," says Kate Comeau, Registered Dietitian and Spokesperson for Dietitians of Canada. "We're offering five tips to help them reduce their risk of high blood pressure, high blood cholesterol and diabetes."

Tuesday June 10<sup>th</sup> focuses on Mental Health Awareness. To assist people in taking small steps to better mental health, CMHA is presenting five practical tips for men.

"Mental health is more than the absence of mental illness. It's a state of overall mental and physical health and well-being," says Peter Coleridge, National CEO, CMHA. "It's important that we work together to not only draw attention to men's health issues but also to provide tools to help men maintain and improve their mental health and overall well-being."

The Canadian Medical Association (CMA) has dubbed Wednesday, June 11<sup>th</sup> as "Stay Healthy Day". They have developed five tips to reduce men's risk of developing some of the most common male health issues. "There are some simple steps men can take to ensure they stay healthy as they get older, and to help prevent chronic disease," says Dr. Louis Hugo Francescutti, President of the CMA. "For example, checking your blood pressure regularly, or doing testicular self-examinations can mean the difference between living a healthy life and potentially suffering from a serious health condition."

Dr. Goldenberg hopes men's health week will inspire men to change for healthier lives. "Take some small steps now, for yourself and those who count on you," says Goldenberg. "You are our fathers, our brothers, our sons. This is important to the people around you."

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### **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](http://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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