



## National Men's Health Week

Held annually in June, National Men's Health Week, presents a timely opportunity to better understand the health issues impacting men across different stages of their life.

Maintaining a healthy body and mind means men can make the most of their lives year round. Supporting the health of all men and boys in NSW is an important part of the NSW Government's commitment to keep people healthy.



## Improve your health!

There are a number of free services and programs in NSW that help men stay healthy across four key areas:

- mental health and wellbeing
- cancer
- healthy living and chronic diseases
- sexually transmissible infections.



For information on accessing free services and programs and to read the *NSW Men's Health Framework*, please visit [health.nsw.gov.au](https://health.nsw.gov.au) (search: *men's health*).

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# Men's health in focus



Men's  
Health  
Week

# Snapshot of men's health and wellbeing in NSW

In 2018, men in NSW were expected to live four years less than women, with the average life expectancy being 81.5 years for men, and 85.7 years for women.

**81.5** years  |  **85.7** years

62.1% of adult men in NSW were overweight or obese in 2019, compared to 48.4% of women.

 **62.1%**

## Make the commitment!

Make three small changes to kick off your commitment to keeping healthy:

### Make water your drink of choice

Swap sugar-sweetened drinks for plain water

### Move more, sit less

Aim for at least 150 minutes of moderate intensity physical activity each week

### Eat more fruit and vegetables

Aim for at least 2 serves of fruit and 5 serves of vegetables each day



## Health Checks

Men should see their doctor for regular medical check-ups. Screening tests help doctors to detect many diseases such as cardiovascular disease, diabetes and some cancers in their early stages.

Families play an important role in supporting the health and wellbeing of men. The health check table could be a great conversation starter with the men you love and care about.

Some men will have a strong family or personal history of certain diseases (e.g. cancer, kidney disease) – they should talk to their doctor about additional tests that are important for them.



People will need to start health checks for different conditions at different ages. Talk to your GP about what is right for you.

## Health Checks/Screening

Weight and waist measurement

Seek help to quit smoking

Alcohol intake levels

Physical activity review

Stress, anxiety and depression – talk to your GP

Blood pressure levels

Cholesterol and blood glucose

Sexual health

Dental health

Family history screening to check if additional monitoring is needed

Sight and eye health checks

Bowel cancer screening

Discuss the need for hearing checks

Screen for fracture risk (osteoporosis)

Immunisation

Travel health checks