

# You FIRST

*Your Month of Well-being*

June 2023

## June is Men's Health Month!

We all know the importance of annual checkups, screenings, and overall preventative health care. But did you know that according to the CDC, men are still 33% less likely to visit a doctor than women? During Men's Health Month this June, we encourage boys, men, and their families to take an active role in their health by starting conversations on preventive health such as scheduling regular screenings, eating healthy, and exercising.

### Men's Health: Statistics

- **51.9%** of men ages 20 and over in the U.S. are considered hypertensive (*measured high blood pressure and/or taking antihypertensive medication*).
- **40.5%** of men ages 20 and over in the United States are considered obese.
- **13.1%** of men ages 18+ currently smoke cigarettes.
- **13.2%** of men ages 18+ are considered in fair or poor health.
- **Heart disease** is the leading cause of death for men in the United States (*about 1 in every 4 male deaths*).
- **50%** of the men who suddenly die from coronary heart disease have had no previous symptoms.
- Approximately **1 in 8** Men will be diagnosed with prostate cancer during his lifetime.

[FastStats - Mens Health \(cdc.gov\)](#)

[Key Statistics for Prostate Cancer | Prostate Cancer Facts](#)

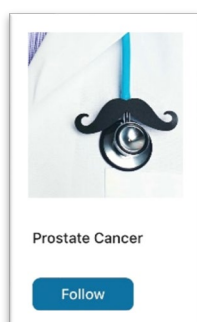
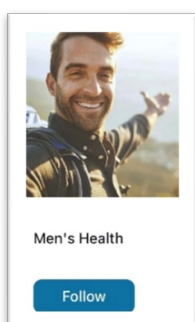
[Men and Heart Disease | cdc.gov](#)

### Preventive Practices for Men

- **Talk to your doctor.** Speak openly with your primary care provider (PCP) about your health. Your PCP is not just there to treat you when you're sick, but to partner with you to help prevent health issues.
- **Get prostate health checked.** Prostate cancer is the most common cancer among men (after skin cancer), but the good news is it can often be treated successfully. Familiarize yourself with the [risk factors](#) and get screened.
- **Get testosterone levels checked.** Testosterone peaks during the teenage and young adult years. It naturally declines with age, but lower than normal levels can be connected to diabetes, heart disease and depression.
- **[Check blood pressure regularly](#)** men typically have higher blood pressure and develop cardiovascular diseases earlier than women. It is important to know and understand your numbers.

## Heart Healthy Tips for Men

- **Fruits and vegetables matter.** Focus on eating more plant-based foods, such as vegetables and legumes, and fewer meats high in saturated fat. Not only are fruits and vegetables low in calories and a good source of dietary fiber, they also can help keep blood pressure in check.
- **Keep an eye on the type of fats you consume.** The amount and type of fat you eat makes a difference. Research has found that saturated fat may have negative effects on heart health. Replacing sources of saturated fats with unsaturated fats such as olive oil, canola oil, avocados, walnuts and almonds have been shown to be beneficial for overall cardiovascular health.
- **Stay active—physical activity does the heart good.** Adults should aim for 150 minutes of moderate-intensity physical activity and 2 days of muscle strengthening activity each week. Simple activities make a difference including walking, biking, jogging and even dancing!
- **Prioritize Stress Management.** Poorly managed stress can take a major toll on your health and well-being. Getting enough sleep, practicing relaxation techniques, and creating meaningful connections are healthy habits that can help protect you from the harmful effects of stress.



### Health Topics:

Looking for more information on men's health? Log in to the CareFirst WellBeing platform and navigate to *Discover > Health Topics > Men's Health* to get up to date information on your timeline!

## CareFirst Member Resources

- **Inspirations:** Find help to reduce daily stress. Program features include videos and audio for relaxation, mindfulness and help falling and staying asleep. Get started at [CareFirst WellBeing<sup>SM</sup>](#).
- Use the CareFirst **Find a Doctor** tool on [My Account](#).
- **Behavioral Health Digital Resource-** It's normal to face difficult times or feel stressed - we all do. Remember you are not alone. If you need someone to talk to, our Behavioral Health Digital Resource can help. Click [here](#) to learn more!
- **CloseKnit-** A virtual-first primary care practice offering care 24/7/365. Download the easy-to-use app and get started today at [closeknithealth.com](#).

## CareFirst WellBeing<sup>SM</sup> Updates!

Introducing **Noom** to the CareFirst WellBeing lineup! Noom's award winning app has helped millions take control of their physical health, and now, if you meet BMI and other measures, you can join at no cost as part of your benefits! This is a fantastic digitally based, self-paced, weight and diabetes prevention solution guiding our members to better health. Visit the CareFirst/Noom [registration page](#) to get started!

Additionally, the current weight management and diabetes prevention resource, Scale Back has been rebranded. As of May 1, the Scale Back program has transitioned to the enhanced **Eat Right Now** program. Anyone actively enrolled in Scale Back will receive personal outreach to guide them into this new program featuring mindfulness and habit-change in a step-by-step format.