

# Highlight on Health

*A Kidder County District Health Unit Publication*

## Important Dates

**June 1** - Global Running Day

**June 3** - World Bicycle Day

**June 5** - National Cancer Survivor's Day

**June 8** - World Brain Tumor Day

**June 11** - Family Health and Fitness Day

**June 11** - Global Wellness Day

**June 13-19** - Men's Health Week

**June 14** - World Blood Donor Day

**June 15** - World Elder Abuse Awareness Day

**June 19** - Father's Day

**June 21** - Summer Solstice

**June 23** - National Hydration Day

**June 27** - National HIV Testing Day

**June 27** - National Sunglasses Day

## U.S. Men Still Lagging Behind Women in Life Expectancy

The life expectancy for American men is at 76.1 years, remaining about five years less than the life expectancy for American women. There are a number of reasons for this difference, often including factors such as unaddressed mental health, unhealthy behaviors and a lack of routine physicals.

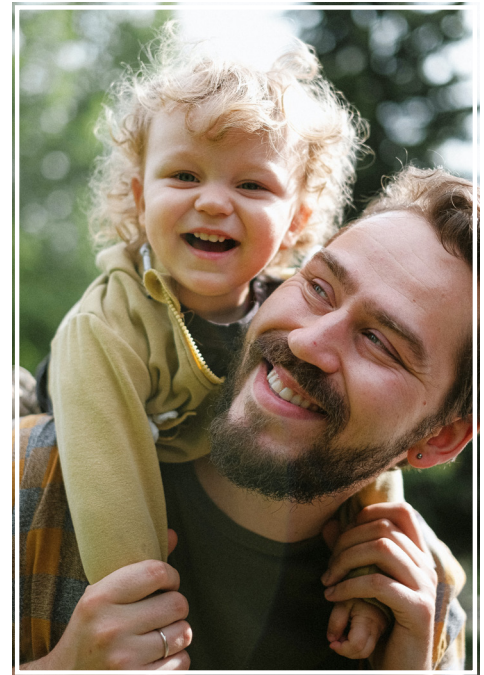
This June, Men's Health Month, is the perfect opportunity for men to make long-lasting changes to their longevity.

### Mental Health

Taking care of all aspects of well-being, from the physical to the mental, is critical. Common disorders like anxiety and depression can impact a swath of aspects of your health. Through therapy, support groups, and the possibility of medication, you can manage the symptoms of these disorders.

### Unhealthy Behaviors

Alcohol and tobacco use are rampant in male populations. If you smoke, talk with your health provider or a public health representative about creating a plan to quit. If you have tried to quit before and were unsuccessful, enlist the assistance of friends or family to help keep you accountable. If you are looking to quit alcohol use, consider attending



Alcoholics Anonymous or Narcotics Anonymous meetings to help support your recovery.

### Routine Physicals

Routine screenings are an important component to maintaining health and catching potential health threats before they become deadly:

- **Blood pressure** – High blood pressure is a significant symptom of heart disease and a variety of other health conditions.
- **Colon cancer** – Everyone over age 45 needs some form of colon cancer screening, either an annual fecal immunochemical test (FIT) or a colonoscopy.
- **Diabetes** – Anyone experiencing

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# Prep Home, Work Environment During Safety Month

No matter your environment, be it at home, work, or somewhere in between, you can do more to keep it free from danger. Each June, National Safety Month is observed in recognition of the National Safety Council creating this awareness in 1996.

By preparing for a potential disaster, you not only identify the gaps your response may have, but can make proactive financial and logistical choices, versus reactive decisions that may prove costly when made in real time.

Determine what risks exist for you – Do you need to practice a fire drill with your family? Create a plan for what steps your workplace needs to take in the event of a flood? Mitigate icy conditions in your organization's parking lot or for your home's driveway? Do the contents of your preparedness kit need refreshing?

This year's National Safety Month awareness is broken into four weeks:

- **Week 1 – Musculoskeletal Disorders:** MSDs are a lead-



ing cause of workplace injury and cost billions each year in works' compensation and lost productivity.

- **Week 2 – Workplace Impairment:** Substance use on the job is dangerous, as is mental distress, stress and fatigue.
- **Week 3 – Injury Prevention:** In 2020 alone, more than 4 million workplace injuries required medical attention in the U.S.
- **Week 4 – Slips, Trips and Falls:** Falls are the sec-

ond-leading cause of unintentional injury-related death.

Remember that during an emergency, you may be surviving on resources for an extended period of time. Be sure to include your own food, water and other supplies to last for at least 72 hours. For more suggestions on ways to prepare, visit [Ready.gov](https://www.ready.gov).

**Source:** National Safety Council



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- symptoms including persistently severe thirst, frequent urination, unexpected weight loss, increased hunger and tingling hands or feet should talk with a healthcare provider about getting tested.
- **Obesity** – A BMI calculator can be used to determine your body mass index. This index (18.5-24.9 is healthy, above 25 is overweight and over 30 is obese) is usually a reliable, but not conclusive indicator of whether you're at a healthy weight.

**KCDHU Is Providing COVID-19 Vaccine Clinics on Thursdays**  
Call 475-2582 to register or for more information