

Men's Health Month Overview

JUNE 2022

AWARENESS



June is dedicated to raising awareness of issues facing men's health and encouraging boys and men to make lifestyle changes to live healthier and longer lives.¹

MEN'S HEALTH

Men in the United States are dying on average ages 5 years younger than women. Heart disease, cancer, and unintentional injuries are the top 3 killers of men in the United States. Men tend to be diagnosed with a Substance Use Disorder more often than women. Tragically, this can and does lead to higher numbers of death by suicide and violence.²



HISPANIC MEN'S HEALTH AND HISPANIC MEN'S MENTAL HEALTH



1 in 5 Hispanics in the U.S. has hypertension, a risk factor for heart disease.¹ Suicide death rate for Hispanic and Latino men is more than four times the rate for Hispanic and Latina women.² In fact, more Latino men are dying by suicide, even as the national rate declines.³

CHALLENGES

These are some of the challenges experienced by Hispanic and Latino men in accessing health:

- lack of insurance coverage
- stigma
- gender role conflict
- cultural beliefs
- fatalism
- language barriers
- economic restraints, etc.



STRENGTHS



Here are some examples of how our *Latinidad* can support men in living healthier lives:

- familismo
- respect
- faith/spirituality
- culture
- compadrazgo
- collectivism, and more.

References

1. <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>
2. https://www.health.harvard.edu/newsletter_article/mars-vs-venus-the-gender-gap-in-health
3. <https://salud-america.org/more-latino-men-are-dying-by-suicide-even-as-the-national-rate-declines/>

Men's Health Month Tips

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TAKE CARE OF YOUR MENTAL HEALTH

Hispanic and Latino men face challenges when it comes to recognizing, seeking help for, and/or accessing care for behavioral health. We want to raise more awareness on these issues. If possible, we encourage you to prioritize your mental health. You are important!



HEALTHIER CHOICES



Quitting the consumption of nicotine, marijuana, alcohol, and illicit drugs will greatly benefit your health.

STAY ACTIVE

Obesity and diabetes impact Hispanics at a disproportional rate. Being active for just 30 minutes a day can decrease risk and have a positive impact on your health and lifespan. ⁴



MEDICAL CARE



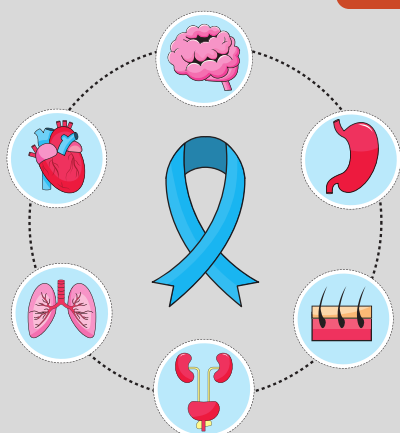
Hispanics have the highest rate of being underinsured of any racial or ethnic group within the US, with only 50.1% of Hispanics having private insurance coverage reported in 2019. ⁵ Only around 25% of Hispanics requiring medication for blood pressure are taking them. ⁶

HEALTHY EATING

Making healthier choices when it comes to diet and the foods you consume can have a positive impact on your heart.



LEARN MORE



We invite you to visit the Office of Minority Health Resource Center and learn more about Men's Health:
<https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>

References

4. www.niaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-and-hispanics-community
5. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=64>
6. <https://insiderx.com/blog/hispanic-health>

Men's Health Month Resources

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RESOURCES

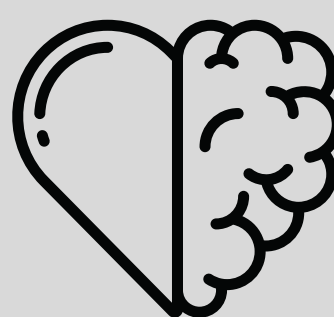


We encourage you to take a look on the resources listed below to create a healthier life for yourself and the generations of boys and men to follow you. We hope these resources will help you start making some changes.

RESOURCES ON MENTAL HEALTH

Suicide Prevention Line
 1-800-273-TALK

SAMHSA Mental Health Treatment Locator Tool
findtreatment.samhsa.gov



RESOURCES ON MEDICAL CARE



Find a Doctor
doctorfinder.ama-assn.org/doctorfinder

Find Health Insurance
www.healthcare.gov

TIPS ON BEING PHYSICALLY ACTIVE

Tips from the Centers for Disease Control and Prevention (CDC)



RESOURCES ABOUT HEALTHY FOODS



Information from the United States Department of Agriculture on Nutrition

Please visit the NIH webpage to learn more about Healthy Eating

Food Help: www.usa.gov/food-help

QUITTING SMOKING AND SUBSTANCE USE HELP

Help Quitting
smokefree.gov
 1-800-QUITNOW

Substance Use Help
findtreatment.gov
www.na.org
www.meetingfinder.org



ADDITIONAL RESOURCES

- Short video message on Men's Health Month developed by the National Hispanic and Latino ATTC and PTTC in 2021, available in English, Spanish and Portuguese
- Podcast ¡Latinos Con Voz! episodes on the topic available in English, Spanish and Portuguese
- El Hombre Noble - Sacred Manhood (event in English)
- Hombres Buscando Balance - Working With Wounded Men (event in English)
- Sacred Fatherhood (event in English)
- National Compadres Network (resources available in English and Spanish)