

JUNE 14, 2023

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
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MORGAN COUNTY HEALTH DEPT.



KEEP THE MEN IN YOUR LIFE HEALTHY

June is Men's Health Month, and with Father's Day coming up this weekend, it is the perfect time to remind the men in your life to take an active role in improving their health. This starts with regular checkups with a healthcare provider. It is important to schedule an appointment to talk to your healthcare provider each year. Making time for these wellness checks gives your provider time to address any questions you may have and monitor things like your weight, blood pressure and cholesterol to identify potentially serious conditions. Are you feeling stressed, anxious, depressed? These visits can also give you the opportunity to talk to your healthcare provider about any concerns you may have.

Do you know your family's health history? Knowing your family's health history can help your healthcare provider build a more complete picture of your health and identify risk factors that may impact your health. Take time to talk to your family, ask questions, and write down your family's health history to share with your healthcare provider and other family members. Looking for a way to start gathering this information? Check out <https://doesitruninthefamily.org/> for a toolkit to help you collect, organize and understand your family health history.

There are also other proactive steps men can take to improve their health and quality of life. A great first step is eating a healthy diet. With the summer growing season upon us, be sure to take advantage of the fresh produce available in our area for adding plenty of fruits and vegetables to your diet. Be sure to check out the Morgan County Farmer's Market in McConnelsville on Thursdays from 11-1 in the Main Street Church of Christ parking lot this summer!

Another great step toward a healthier life is to stay active. Don't like to exercise alone? Find a friend to take a walk with you or carve out some time to do those activities you enjoy that get your body moving. Always consult with your healthcare provider before starting any new diet or exercise plan. Are you a smoker or use other nicotine products? Have you been considering quitting? It is never too late to quit! Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. The Ohio Tobacco Quit Line is available to all Ohioans for FREE! Call 1-800-Quit-Now to get free coaching and quit-smoking medications to begin your journey to better health.

Encourage the men in your life to start their journey to a healthier self. Schedule that wellness check for themselves and the ones that love them!