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MCHD HEALTH BLOG

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



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



MEN'S HEALTH WEEK

This week is Men's Health Week and Sunday is Father's Day! The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Regularly visiting your doctor for an annual check-up can give you the tools you need to fight certain diseases, like heart disease. According to the 2021 Morgan County Community Health Assessment (CHA), heart disease is the leading cause of male deaths in Ohio and the second leading cause of death in Morgan County. "Heart disease" refers to several types of heart conditions, including coronary artery disease and heart attack.

High blood pressure, high cholesterol, and smoking are key risk factors for developing heart disease. Other conditions and lifestyle choices that put you at risk include diabetes, being overweight, an unhealthy diet, physical inactivity, and excessive alcohol use. If you can identify with any of these factors, it is especially important for you to talk to your healthcare provider about how to correct them so you live your healthiest, longest life.

Steps you can take to help reduce your chances of getting heart disease include:

- Know your blood pressure. An uncontrolled blood pressure may lead to heart disease. Get it regularly checked since sometimes there are no symptoms for high blood pressure. Need someone to take your blood pressure? Our office offers free blood pressure checks. Call 740-962-4572 for details.
- Quit any product that contains nicotine since it can damage your lungs and heart. This includes smoking, vaping, snuff and chewing tobacco. Ready to quit? Call 1-800-QUIT-NOW for free counseling and quitting products. You can also call our office at the number above to speak to our Tobacco Cessation Staff, who can connect you with further information.
- Eat a well-balanced diet that is rich in fruits, veggies, whole grains, and lean proteins. These keep your body functioning well and fights obesity. Visit www.MyPlate.gov to see what is recommended for your age, height, weight, and physical activity level.
- Lower stress levels by finding healthy ways to cope with stress, such as talking with a trusted friend, exercising, meditating, and more.
- Talk to your healthcare provider about getting your cholesterol and triglyceride levels checked. Also ask if you should be tested for diabetes. Ask your provider to explain what the results mean for you.

Men, it's time to schedule a health check and live fuller, more active lives. Your hearts and families will thank you! For more information on men's health topics visit www.cdc.gov or view the CHA at <https://morganpublichealth.org/community-health-assessment/>.