

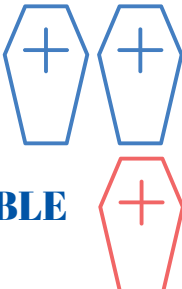
## MEN ACCOUNT FOR...

**3 IN 4**  
**SUICIDES**




**OF**  
**WORKPLACE**  
**DEATHS**

**2 IN 3**

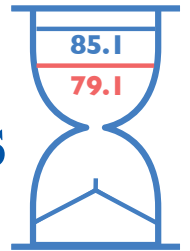


**PREVENTABLE**  
**DEATHS**

**4 x MORE**  
**HEART DISEASE DEATHS**  
(UNDER 65)



...AND  
**6 MEN DIE**  
**YEARS**  
**YOUNGER**



## 5 SOCIAL FACTORS THAT KEEP MEN HEALTHY



### BOYS' EDUCATION

The better your education, the better your health



### WEIGHT

Men with a waist under 95cm are healthier



### INVOLVED DADS

Involved dads are good for everyone's health



### WORK + MONEY

Your social and economic status shapes your health



### FAMILY + MATES

Strong social connections keep men happy & healthy



### MALE-FRIENDLY SERVICES

Men use services that are great at helping men



### FITNESS

Even walking can help you keep fit and live longer



### DIET

Eating more fruit and veg can prevent disease



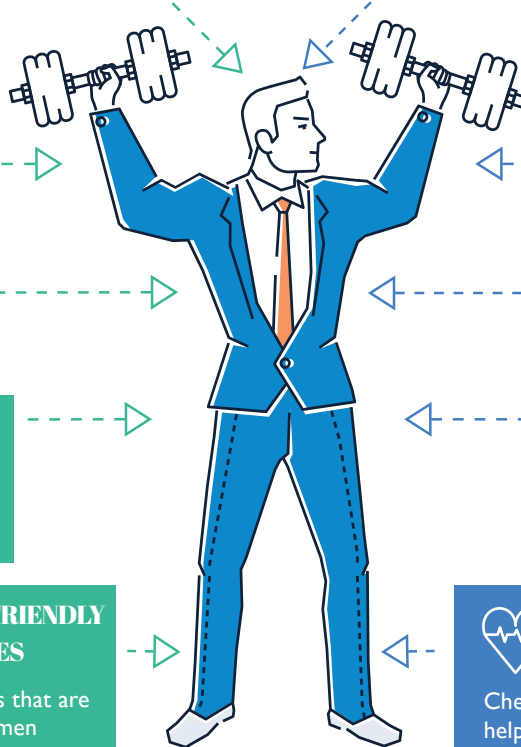
### HABITS

Healthier men drink less alcohol and quit smoking



### BLOOD PRESSURE

Checking your blood pressure helps you make healthy choices



**3 WAYS TO BE A HEALTHY MATE**



**BE A HEALTHY ROLE MODEL**



**BE A GREAT LISTENER AND JUST...**



**BE THERE**

**#MENSHEALTHWEEK**

**10-16 JUNE 2019**

**menshealthweek.org**