

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the June **Coffee & Chat** webinar and join us on **Wednesday, June 9 at 9 a.m.**

- We'll recognize Men's Health Month and the men in Prince George's County Government.
- We want to discuss the importance of taking care of your health.
- We'll review *The Summer of Wellness* activities and events.
- Plus, we'll give away some random wellness prizes!



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June is Men's Health Month

June is National Men's Health Month and **Level Up** wants to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy.

According to an article published by the [Men's Health Network](#) in 2018, on average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death. However, those numbers are much larger for our minority groups. OMH further notes that despite our nation's vast advances in science, public health and health care, the health status of racial and ethnic minority men continues to lag behind the general population.

Stats & Figures

- 40.5% of men aged 20 and over are obese
- 51.9% of men aged 20 and over have hypertension
- Leading causes of death among men are heart disease and cancer (prostate cancer is the most common)

Wear Blue on Friday, June 18 Bring Awareness to Men's Health Month

Show your support for the men and boys in your life by participating in [Wear BLUE Day](#) on Friday, June 18. Other ways to show support for Men's Health Month include:

- Start general health conversations with your male loved ones.
- Gently encourage them to make regular, annual visits to their doctor for wellness check-ups.



Don't forget to participate in *The Summer of Wellness*. We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

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