

BY THE NUMBERS



1 in 10 men

Experience some sort of mental health disorder such, as depression or anxiety.



50.8% of men

Have either high blood pressure or taking maintenance medications for it.

Source: [CDC - Men's Health](#).

FOCUS

Men's Health

Men's health goes beyond just building muscle or avoiding illness; it's about taking charge of your physical, mental, and emotional wellbeing at every stage of life.

June is recognized as Men's Health Month, making it an important opportunity to strengthen awareness, encourage prevention and support healthier long-term outcomes for men across the workforce.



SKINCANCER SCREENING

Older men are twice as likely as women to develop melanoma. In addition, men, in general, are two to three times more likely to get skin cancers than women. A skin exam by a dermatologist should be part of a routine checkup.

DETAIL

Let's prioritize men's health

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Men's health is not defined by a single condition, but shaped by everyday behaviors, early detection, open dialogue and timely engagement with healthcare systems. Despite ongoing progress in public health, men are still less likely than women to seek preventive care, often delaying medical visits until symptoms become more serious. This pattern can contribute to later diagnoses, avoidable health complications and more complex treatments. The focus this month is simple: shift awareness into action.

- **Closing the gap on preventive care:** Going to see the doctor remains one of the most effective tools for improving long-term health outcomes. Conditions that significantly impact men such as diabetes and certain cancers can be better managed or treated early through routine screening. Here's a [list of men's health screenings](#).
- **Strengthen heart health:** Heart disease remains one of the leading health risks for men. Focusing on the fundamentals such as regular physical activity, avoiding tobacco use and prioritizing sleep will help reduce the risk.
- **Open conversations:** Mental health is a core part of overall health and men are often less likely to seek support. Unaddressed concerns and/or symptoms can impact physical health and day to day.