



About Men's Health Month

June is National Men's Health Month and for the entire month, [Level Up](#) will be sharing information 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.

Save the Date ~ Webinar: Men's Health ~ Mon., June 22

Join us for a Men's Health webinar and learn the risk factors and simple lifestyle changes including weight management that can help you avoid chronic diseases.

- **Webinar:** Men's Health
- **Date:** Monday, June 22
- **Time:** 12:30 p.m. to 1:30 p.m.
- **Register:** [Sign up today](#)



Men's Health Resources

[The Centers for Disease Control and Prevention](#) (CDC), National Center for Health Statistics highlights the following data for men's health in the United States:

- 12% of men aged 18 and over are in fair or poor health
- 36.6% of men aged 20 and over are obese
- 33.1% of men aged 20 and over have hypertension

Men's Health Month is a great opportunity to increase your awareness on the common health issues that are specific to men. We encourage you to explore these additional resources and share them with your loved ones.

- [Men's Health Network](#)
- [The Centers for Disease Control and Prevention](#)
- [U.S. Department of Health and Human Services Office of Minority Health](#)
- [U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion](#)

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