



Men: Take Steps Towards Good Health

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Did you know that on average, men in Calhoun County live 5 fewer years than women? In 2010, 64% of deaths among Black men occurred before the age of 75 whereas, only 51% of deaths among White men occurred before age 75.

Compared to white men, black men are (based on 2008-2010 average age-adjusted rate):

- 40% more likely to die from all types of cancer
- 2.3 times more likely to die from prostate cancer
- 2.2 times more likely to die from colorectal cancer
- 32% more likely to die from diabetes mellitus
- 20 times more likely to die from homicide
- 80% more likely to die from a stroke

Health screenings are an excellent way to evaluate your risk factors for disease and give physicians a baseline of your health status. By having screenings on a regular basis, you can note subtle—or sometimes dramatic—changes that may indicate a more serious health problem. Prevention costs less than medical interventions and can save lives.

Certain illnesses and disorders are specific to or more frequent in minority men. Education and annual screenings are essential in improving health and reducing premature death. Visit your doctor annually and ask him/her to screen you for age appropriate conditions:

Preventive Care Guidelines for Men			
Service	Frequency	Beginning Age	Ending Age
Routine Physical	Annually	18 years	n/a
Blood pressure check	At least every 2 years for those with no history of hypertension	18 years	n/a
Blood cholesterol check	At least every 5 years	35 Years for all men, 20 for men with increased risk of heart disease	n/a
Colorectal cancer screening	At least every 5 years	50 years	75 years
Prostate	Annually	50 years or early with certain risk factors	n/a
Diabetes screening	Every 3 years for individuals with blood pressure of at	18 years	n/a



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	least 135/80, but without symptoms of diabetes		
Abdominal aortic aneurysm	Only once for men who have ever been smokers	65 years	75 years
HIV	At least once for those with no risk factors for HIV. More frequent screening is recommended for those at a higher risk of HIV.	15 years	65 years

There are a number of resources in Calhoun County that assist the uninsured:

- Family Health Center
- Community Health Care Connections
- Fountain Clinic
- Calhoun County Public Health Department

Take steps toward good health; be physically active, maintain a healthy weight, be tobacco free, and limit alcoholic drinks to two per day.

The well-being of men of color and certainly all men is vital to families and the community as a whole. Improving the health of men through early detection of health problems and timely treatment of disease can reduce morbidity and mortality resulting in benefits for men, families, and the community.