

HEALTHY HABITS FOR LIFE

MEN'S HEALTH WEEK 2023 | 12 - 18 JUNE



Men have greater vulnerability to various health disorders across their lifespan versus women. Men are more likely to experience serious health problems, have a higher mortality rate, and die in greater numbers than women from almost all non-sex-specific health problems(1). **Men's Health Week** is an opportunity to raise awareness of men's health initiatives across NSW, providing the space to actively discuss current male health issues and how best to address and solve them.

At **Nutrition NSW** we know prevention and early detection are key to maintaining your health and wellbeing. We have a range of tools and resources relating to men's health, from diet and nutrition, to related diseases. Our Accredited Practising Dietitians are highly trained delivering one-on-one consultations providing bespoke relevant and reliable information and tools for planning a healthy diet specifically designed for you and your family.

We also pride ourselves on working with employees via our **Corporate Nutritional Programs**. Employers play a crucial role and responsibility for health and self-care amongst men employees, and we have the workplace services and support needed to streamline workplace wellness across multitude of companies from a variety of industries

How can I take charge of my health?

Men typically have a functional view of their body and health, and consequently may ignore minor symptoms until they are severe enough to affect day-to-day tasks. So, please take an active role in your health and see your doctor for regular checkups, even if you feel healthy. This is important in the prevention and early diagnosis diseases, such as cancer and chronic illnesses. Here's more tips to take charge of your health:

- Eat healthy and get active
- Monitor alcohol consumption & quit smoking
- Learn about your family's health history
- Get screening tests before you have symptoms
- Be up to date on your vaccinations



'Nutrition NSW continues to engage the relevant government bodies and health industry professionals with the objective to provide and deliver a cohesive platform for the health and wellbeing outcomes for boys and men in NSW communities.'

*Cr Barbara Ward
Nutrition NSW
President*



Resources: 1 Better Health Channel. (2014). Men's Health. [betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health)

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