

# Tennessee Men's Health Network



*An informational and educational organization recognizing men's health as a specific social concern.*

*Dedicated to significantly improving male health, longevity, and quality of life for men and their families in Tennessee.*



[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

**THE READER ISSUE** Real Guys, Real Results!

THE MAGAZINE MEN LIVE BY

# Men's Health

FREE WORKOUT POSTER!

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Get Big, Torch Fat, Save a Life (Yours)

**THE PALEO SEX SECRET**  
Invent Fire... in the Bedroom

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3 Lifts That Will Transform Your Body

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Lexington, KY

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**837 READERS SHOW YOU HOW TO:**

- Stop Heart Disease
- Drop 10 to 200 Pounds
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**MEN'S FITNESS**

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**LOSE YOUR GUT!**  
THE SIMPLEST PLAN EVER

GENIUS MONEY STRATEGIES

BUILD BIG ARMS FAST

4 EASIEST EXERCISES FOR HARD ABS

MARIA SHARAPOVA

YOUR #1 SUMMER POWER FOOD

SPEED TRAIN YOUR BRAIN

**76 SMART SUMMER LOOKS**

TURN FAT INTO MUSCLE

9 NUTRITION SECRETS FOR LIFTING

**SUPER BAD ISSUE**

# Men's Health

**FINE ROCK**

35 ΓΕΥΜΑΤΑ ΠΡΟΤΕΙΝΩΝ

TELEPHONE

35 ΓΕΥΜΑΤΑ ΠΡΟΤΕΙΝΩΝ

ΧΑΡΤΕΣ ΠΑΤΗΝΟΓΡΑΦΙΑΣ

ΜΑΡΚΟ ΤΟΡΑ

ΚΑΝΙΣΑΚΙ ΕΠΙΧΕΙΡΗΣΕΩΣ

ΤΟ ΠΩΔ. ΕΞ ΚΑΝΕΙ ΚΑΝΥΠΕΡΣ ΤΩ ΑΡΕΣΤΑΤΙ

ΤΗ ΦΙΛΙΑ ΤΩΝ ΟΥΤΩΣ ΑΝΑΛΥΣΗ Γ-ΡΑΚ

ΕΡΕΥΝΑ 20% ΑΥΞΗΣΗ ΜΕΝΤΟΛΑ





# What Will Be Covered Today?

- **What is Men's Health Network?**
- **The Silent Crisis**
- **How We Do It**
- **Advocacy: The Men's Health Movement**
- **Your state's potential role**



# Men's Health Network

Washington, D.C.

- Men's Health Network **founded** in 1992
- Headquartered in **Washington, D.C.**
- **National** presence with affiliates in each state
- Premier resource center for the specific health needs of **boys and men**
- Men's Health Network is the lead agency for the **"Men's Health Movement"** in the United States

# Tennessee Men's Health Network

- Tennessee Men's Health Network (TMHN) is the state affiliate of **Men's Health Network**.
- Founded in **2001**.
- Presence in all of Tennessee's **95** to improve the health of boys and men in Tennessee.
- **TMHN** has reached millions of Tennesseans through a variety awareness programs and outreach platforms.



# Men's Health Network – Mission Statement



Men's Health Network reaches men where they live, work, play, and pray with **health awareness and disease prevention messages and tools, health screening programs, educational resources, advocacy, and patient navigation**. We hope to achieve the following goals:

- To **save men's lives** by reducing the premature mortality of boys and men.
- To increase the **physical and mental health** of boys and men so that they can live fuller and happier lives.
- Work with **women** as the family's health care leader to reach men with critical health messages.



# The Silent Crisis: Men's Health



# Why A Men's Health Movement?

- Overall, men live “**sicker**” and live shorter lives than women.
- Higher prevalence and death rates for **9 of the 10** leading causes of death.
- Lower rates of **health insurance** coverage.
- **Fewer physician visits**, poor health maintenance.
- Men avoid appearing “**vulnerable**”, weak, or unmanly.
- On average, women out live men by **5 years**.



## Life expectancy by gender

Females



**81**

Males



**76**

SOURCE: Centers for Disease Control and Prevention (2012)

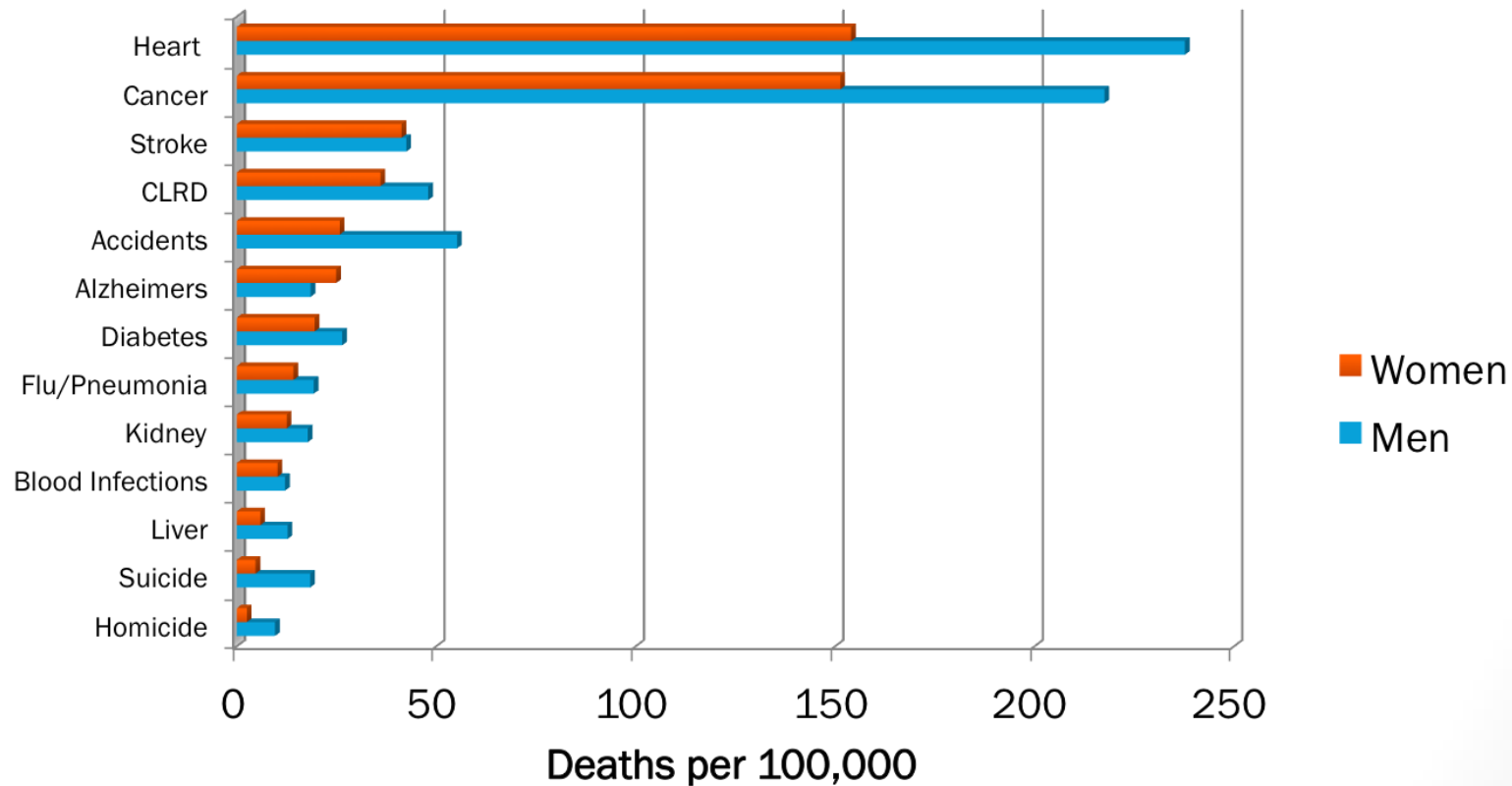
# What Does This Mean?



- At birth there are 105 boys for every 100 girls
- By age 34, there are more women than there are men
- And in early retirement years (65-69), there are 85 men for every 100 women. More than half of elderly women living in poverty were not poor before their husbands died

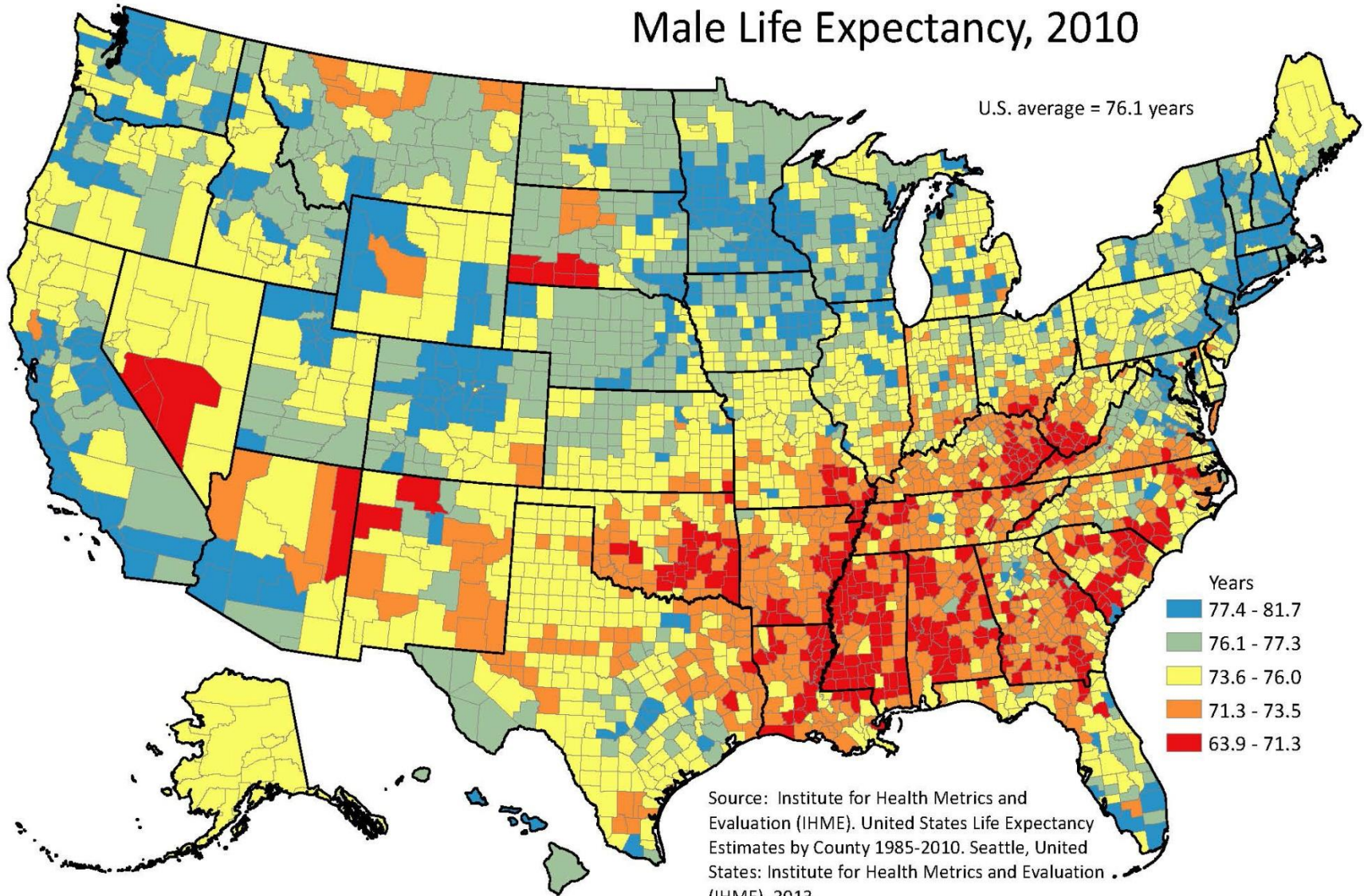
# Causes of Death-U.S.

Source: National Center for Health Statistics



# Male Life Expectancy, 2010

U.S. average = 76.1 years



Source: Institute for Health Metrics and Evaluation (IHME). United States Life Expectancy Estimates by County 1985-2010. Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2013.

# MHN Program Resources:

**MHN has a unique set of resources that enable it to create a successful original program including:**

- Trained personnel to design, produce, and implement creative health outreach programs
- Established workplace programs that can be expanded or enhanced to promote specific health goals
- **Contact with virtually all federal, state, and local government men's health programs**
- **A large body of medical professional "advisors" numbering over 850**
- **A nationwide network of health educators and screening personnel that can provide services in any part of the country**
- A design and printing team that produces creative, quality printed materials
- A global network of men's health organizations and experts



# MHN Signature Resources



**MEN'S HEALTH MONTH**

Awareness. Prevention.  
Education. Family.

[www.menshealthmonth.org](http://www.menshealthmonth.org)



**Wear Blue**



**HEARTBEAT**



**Cardiovascular Disease:**  
*What you can do to improve your heart health*

**MN** Men's Health Network  
By Armin Beck, with Jason H. Metzger and the Men's Health Network Advisory Board  
(A part of the Blueprint for Men's Health series of publications)



**INTERNATIONAL MEN'S HEALTH WEEK**

Awareness. Prevention.  
Education. Family.

[www.menshealthweek.org](http://www.menshealthweek.org)

**Wear Blue for Men's Health**  
Promote Men's Health Awareness



[www.wearblueformen.com](http://www.wearblueformen.com)



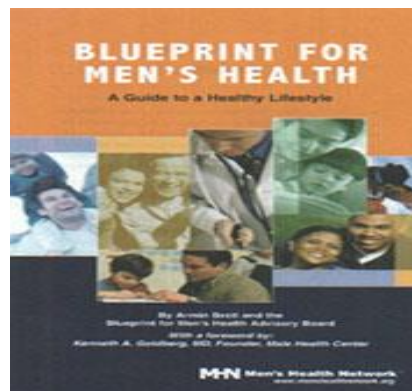
**My Prostate Cancer Coach**



**YOUR HEAD: AN OWNER'S MANUAL**



**I SUPPORT TESTICULAR CANCER AWARENESS**



**BLUEPRINT FOR MEN'S HEALTH**  
A Guide to a Healthy Lifestyle

By Armin Beck and the Blueprint for Men's Health Advisory Board with a foreword by Kenneth A. Grubb, MD, Fenwick, Male Health Center

**MN** Men's Health Network



**HEALTHZ ONE** A Program Sponsored by Men's Health Network



**TIME OUT FOR MEN'S HEALTH**





# JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family

**Healthy Food Makes Healthy Kids**

*Teaching your kids to become healthy eaters for life.*

**MN Men's Health Network**  
www.menshealthnetwork.org

**What Women Need to Know About Men's Health**

*Information for Women Concerning the Men They Love*

**MN Men's Health Network**  
www.menshealthnetwork.org

**Dealing with Sensitive Issues**

**Health Facts for Men and those who love them**

*A quick guide to men's health from Men's Health Network*

**MN HealthZone**

**01 Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

**02 Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

**03 Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

**100%**

*Women are 100% more likely than men to visit the doctor for annual exams and preventive services.*

**1994**

*On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.*

*"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*

*In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65-74.*

**80**

**ONLINE RESOURCES**

- Men's Health Month [menshealthmonth.org](http://menshealthmonth.org)
- Men's Health Network [menshealthnetwork.org](http://menshealthnetwork.org)
- Get It Checked [getitchecked.com](http://getitchecked.com)
- Talking About Men's Health Blog [talkingaboutmenshealth.com](http://talkingaboutmenshealth.com)
- Women Against Prostate Cancer [womenagainstprostatecancer.org](http://womenagainstprostatecancer.org)

**Facts About Prostate Cancer**

*Because of Its Effect on Loved Ones, Prostate Cancer is Not Just a Man's Problem. It is a Family Problem.*

A quick guide from Men's Health Network

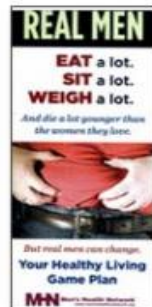
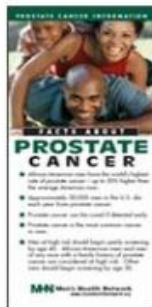
**Health Facts for Men and those who love them**

A quick guide to men's health from Men's Health Network

**2 brochures in 1**

**MN Men's Health Network**  
www.menshealthnetwork.org

**MN Men's Health Network**  
www.menshealthnetwork.org



# MHN's Men at Work



- MHN flag-ship program since 2001
- Partner with employers for corporate wellness
- Primary prevention including health education and screenings
- Internal data collection

# MHN Corporate Partners



JOHN DEERE



Improving Care. Improving Business.



# MHN Partners



**CLEVELAND  
BROWNS**



# Healthy Sunday Initiative

- MHN partners with church pastors and parish nurses
- Empower men, women, and families to become active partners in their health, family, and well-being
- Provide primary prevention for underserved families



# Time Out for Men's Health



- National health awareness campaign that offer free health assessments, educational materials and consultation with a health professional.
- Health assessments for both men and women to encourage a health dialogue

# Community Partners





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# White House Dialogue on Men's Health

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# TMHN's Advocacy Track Record

TMHN understands the importance of advocacy for meeting men's health needs and for the positive impact reducing the gender mortality gap has on Tennessee families.



# Tennessee Men's Health Awareness Act

- Enacted by the Tennessee General Assembly in 2004.
- Allocates state resources through the Tennessee Department of Health for the sole purpose of health promotion among Tennessee males.
- Allows TMHN the ability to sponsor and host statewide health promotion programming and campaigns designed to reach men and their families.

# Tennessee Outcomes

- Since 2004, **countless Tennesseans** have been exposed to TMHN messaging.
- 95% of individuals surveyed found TMHN programming to be **informative, relative, and significantly useful**.
- Over 70% of men surveyed following a TMHN event reported that they have **scheduled or will be scheduling** an appointment with a health care provider.

“It appears that the activities of the Tennessee Men’s Health Network are legitimate, beneficial, and assist organizations as well as individuals across the state.”

2009 Performance Audit  
Comptroller of the Treasury  
State of Tennessee  
Department of Audit  
Division of State Audit



# Men's Health Advocacy



# Other Advocacy Principles & Priorities

- TMHN has introduced joint **resolutions** recognizing key men's health awareness periods and other specific health care topics.
- TMHN has collaborated with private & public health care advocates to pass the 2007 Non-Smoker Protection Act and Telehealth legislation.
- Mayors, City Councils, and County Commissions throughout Tennessee have issued **proclamations** declaring men's health awareness periods in their municipalities.

**We Need You!**





# Join the Movement!

- Allow **Men's Health Network** to explore opportunities to make an impact within your state.
- Become an official **partner** for MHN programming by enlisting in our Advisory Board.
- Encourage your **colleagues** to collaborate with MHN to meet the specific needs in your state.
- Consider enacting legislation to establish a **Men's Health Awareness Act** in your state.



A person wearing a blue suit jacket and a white shirt is holding a white rectangular sign with both hands. The sign has the word "QUESTIONS?" written on it in a bold, dark blue, sans-serif font. The person's hands are visible at the bottom of the sign, and their fingers are slightly curled. The background is a plain, light-colored wall.

**QUESTIONS?**

# Men's Health Websites

- Men's Health Network
- [menshealthnetwork.org](http://menshealthnetwork.org)
- Wear Blue for Men's Health
- [wearblueformen.com](http://wearblueformen.com)
- Talking About Men's Health
- [talkingaboutmenshealth.com](http://talkingaboutmenshealth.com)
- Men's Health Month
- [menshealthmonth.org](http://menshealthmonth.org)
- Prostate Cancer Awareness Month
- [pcaawarenessmonth.org](http://pcaawarenessmonth.org)
- Men's Health Resource Center
- [menshealthresourcecenter.com](http://menshealthresourcecenter.com)
- Prostate Health Guide
- [prostatehealthguide.com](http://prostatehealthguide.com)
- Men's Health Library
- [menshealthlibrary.com](http://menshealthlibrary.com)
- Testicular Cancer Awareness Month
- [testicularcancerawarenessmonth.org](http://testicularcancerawarenessmonth.org)

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[Instagram.com/menshealthnetwork](https://www.instagram.com/menshealthnetwork)

