



Jackson County Department of Public Health

Anna Lippard
Deputy Health Director
828-587-8225

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June: A Time to Celebrate Father's Day and Men's Health Month

The Jackson County Department of Public Health is using Men's Health Month to educate the public about the many preventable health problems that affect men and boys, and empower them and their loved ones to move towards a healthier, happier life.

Men die five years younger than women, on average, and die at higher rates for nine of the Top Ten causes of death. Men are the majority of workplace injuries, less likely to be insured, and far less likely to see a doctor for preventive care. All of this impacts their ability to be an involved father, supportive husband, and engaged member of their community.

CDC's Cancer Statistics show that in the U.S., cancer is the second leading cause of death for men after heart disease. Each year, more than 300,000 men lose their lives to cancer, many of which can be prevented. JCDPH is encouraging men to take a mental and emotional pause and focus on their selves this month. The CDC offers the following tips to improve overall health and lower your chances of getting and dying from cancer.

- Avoid tobacco. Smoking tobacco products (including cigarettes and cigars) cause almost 9 of every 10 cases of lung cancer. Additionally, tobacco use can cause cancer almost anywhere in your body.
- Protect your skin from overexposure to the sun.
- Limit the amount of alcohol you drink.
- Keep a healthy weight.
- Get tested for hepatitis C.

JCDPH offers many services for men through our Adult Health Program and STD Program. For more information on services offered visit our website, <http://health.jacksonnc.org/clinic>. To schedule an appointment for any of these services, call 828-586-8994.

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