

Focus on Men's Health

Source: Men's Health Week website

With June's Men's Health Week, Blue September this month and the upcoming Movember, there is a spotlight on health issues affecting men. The best thing that men can do about their health is to get proactive. By taking preventative action they can reduce the danger of major health risks including stroke, cancer, cardiovascular problems and depression.

By having open discussions with friends and family, and getting a yearly 'warrant of fitness' check up with a GP, men can safeguard their lifestyle and wellbeing for years to come.



There are a few simple steps men can take to actively safeguard their health and protect themselves from disease and death:

- Get your blood pressure checked— this is a key indicator of heart attack or stroke risk
- Get active—at least 30 minutes a day
- Eat a balanced diet with a wide variety of healthy foods, including fruit and vegetables

- Quit smoking—it's the only healthy option
- Maintain a healthy mind as well as body—1 in 6 Kiwi men will experience serious depression during their lifetime.
- Maintain healthy relationships with family, friends and mates
- Always use a condom to reduce the risk of sexually transmitted infections (STIs)
- If you detect changes in your testicles and scrotum or have problems when urinating, then see your GP.

Every positive change is a step towards better and longer lasting health and happiness.

For more information, visit these websites:

www.you.org.nz
www.everybody.co.nz
www.menshealthweek.co.nz
nz.blueseptember.org
nz.movember.com

New Free Resources

Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: www.cph.co.nz

Caring for Teeth (HYG0025 or HE1524 - shown) and **Healthy Family Food** (NUT0122 or HE1523), designed for use with migrants are now available in additional language versions (e.g. Arabic, Swahili, and Somali) as online downloads from www.healthed.govt.nz.



There is also a new Ministry of Health breastfeeding poster, **New Zealand, Naturally!** (WOH0048 or HE2309) which features Kiwi mums in some well-known NZ locations.



As a result of recent work on alcohol misuse by Healthy Christchurch at Community and Public Health, a limited release resource on its effects

on the community and what you can do about it, **5+ Solution in a Bottle** (DRU0013—shown) is now available



Other new resources include:

- CHH0022 **Keeping an Eye on Your Child's Vision** (HE2278)
- SAF0005 **Stop! Look! Cyclist!** Stickers
- SAF0021 **Protect What You Value: Fire Safety Checklist**
- TCD0005 **Melbourne Charter** A4 Leaflet

Also **Ngā Miti—He Kai Reka!** (MAH0075) and **We Are Smokefree** (DRU0031—formerly "You Can Be Smokefree") are both available again, having been previously deleted.

New Online Resource on Men's Health Issues

The Wellington Cancer Society in conjunction with Mitre 10, have put together The Complete Man Maintenance Tool Kit. Take a look at www.getthetools.org.nz



Free Health Resources. Supporting active and healthy lifestyles

Revised Resources

The following Ministry of Health resources have recently been revised - please check that you have the latest version:

- **MED0036 Meningitis is Serious.** HE1303. Revised December 2009.
- **MED0089 Childhood Immunisation.** HE1323 Reprinted May 2010—shown.
- **SAF0069 Noise Around the Home.** HE1122. Revised April 2010.
- **SEH0015 Being Safer Sexually.** HE7002. Revised March 2010.
- **SEH0045 & 47 What is Gonorrhoea?** (HE1442) & **What is Genital Herpes?** (HE1443). Revised March 2010.



- **WOH0010 Folic Acid and Iodine** (formerly Folic Acid and Spina Bifida). HE4147. Revised June 2010—shown
- **WOH0019 Cervical Smear Tests: What Women Need to Know.** HE1256. Reprinted March 2010.
- **WOH0070 Colposcopy.** HE1202. Revised May 2010.



CPH resource updates include **Impetigo (MED0008)** and **Measles (MED0144)**.

Postnatal Depression: Getting the support you need (MNI0006) from the Mental Health Foundation replaces the out-of-date CPH pamphlet "Coping with Postnatal Depression".

Deleted Resources

Unfortunately, the following resources have recently been deleted:

- **CHH0028 Life in Christchurch with a Special Needs Child**
- **PAP0009 Pacific Height Chart - Samoan**
- **SAF0008 Understanding Food Labels—** shown



- **SAF0010 Tips for Safe and Healthy Eating During Pregnancy**
- **SEH0037 Male Condoms**
- **TCD0001 Ottawa Charter Poster—** shown
- **WOH0062 Fast Free Food for Babies Postcard**



Awareness Dates		Useful Websites	
October	Whiringa-Ā-Nuku	Age Concern	
Breast Cancer Awareness Month		www.ageconcern.org.nz	
1	International Day of Older Persons	Mental Health Foundation	
4-10	Mental Health Awareness Week	www.mentalhealth.org.nz	
15-31	Canteen Bandanna Appeal	Canteen	
17	Day for the Eradication of Poverty	www.canteen.org.nz	
18-24	Osteoporosis Awareness Week	Osteoporosis NZ	
November	Whiringa-Ā-Rangi	www.bones.org.nz	
5 + A Day Month and Movember		Parkinson's NZ	
5	Parkinson's NZ Appeal	www.parkinsons.org.nz	
8-14	Foodsafe Week	NZ Food Safety Authority	
16-22	Diabetes Awareness Week	www.nzfsa.govt.nz	
19	International Men's Day	Diabetes Society	
25	White Ribbon Day	www.diabetes.org.nz	

CHIC may not stock resources for featured awareness days.

New Influenza Resources

Recently introduced are **Pandemic Flu or Swine Flu (MED0012A)** from the Ministry of Health, and from the CDHB, **Managing in the Home (MED0012B)**. Order your copies now!

From the **Community Health Information Centre (CHIC) Staff**

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