

healthy choices



live well. be well.



# Men's Health

## Know Your Risk for Heart Disease

Heart disease is the leading cause of death for men in the United States, killing 382,776 men in 2020—that's about 1 in every 4 male deaths.

### How does heart disease affect men?

Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.

About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.

### What are the risks for heart disease?

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

### Blood Pressure Categories

	Systolic mmHg (Upper number)		Diastolic mmHg (Lower number)
Normal	Below 120	and	Below 80
Elevated	120 - 129	and	Below 80
Hypertension stage 1	130 - 139	or	80 - 89
Hypertension stage 2	140 or Higher	or	90 or Higher
Hypertensive crisis	Above 180	and/or	Above 120

### Reduce the risk of heart disease?

Know your blood pressure.

Don't smoke or use tobacco.

Do at least 30 to 60 minutes of activity daily.

Eat a heart-healthy diet.

Maintain a healthy weight.

Get good quality sleep.

Manage stress.

Get regular health screenings.

# Essential Health Screenings



Screenings can help find health complications and diseases early, when they're easier to treat.

Encourage the Men in Your Life to Get These Screenings:

- Blood Pressure
- Cholesterol
- Colon Cancer
- Diabetes
- Depression
- HIV
- Obesity
- Prostate Cancer

## Open Enrollment Checklist



- NEW THIS YEAR!** Everyone **MUST** return their Open Enrollment form for 2023 by 11.30.2022.
- If you have a spouse or are adding a spouse, please be sure to submit a marriage license and a Spousal Verification Form.
- If you have dependents or adding dependents, please be sure to submit birth certificates.
- After you make any necessary changes please be sure to sign and date all forms.