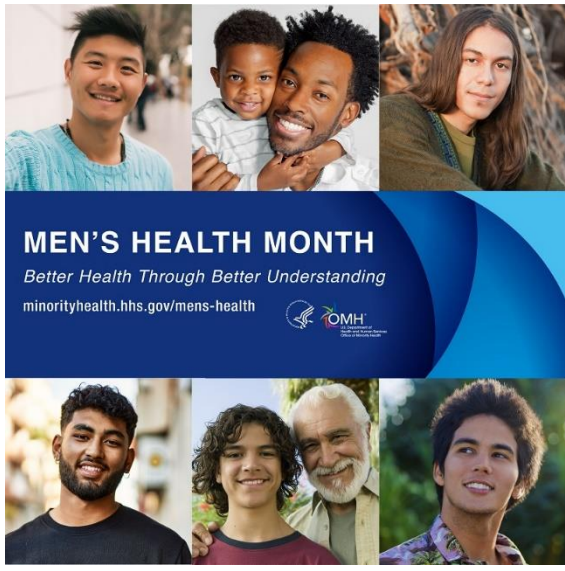




2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

June 1, 2023: Men's Health Month



The entire month of June is Men's Health Month

and is centered around supporting and advocating for men to take charge by leading healthy lives. In fact, in the United States, men are expected to live almost six years less than women. For example, there are numerous diseases that disproportionately impact men, both heart disease and cancer. These diseases are preventable through regularly scheduled doctors visits. Furthermore, men tend to have lower health literacy levels than women. This could inhibit their understanding or use of health information, in turn, limiting healthy behavior choices.

This is why it is so imperative to reducing stigma that surrounds men's health. By encouraging men to have conversation about their health, this would negate stigma, promote early detection and routine doctors visits, and encourage healthier lifestyle choices for all men.

In addition to recognition of Men's Health Month, June is also Pride month. This means that it is critical that our commitment to men's health extends to every individual, regardless of their gender identity or sexuality. We believe that every person deserves access to comprehensive healthcare and the opportunity to live their lives to the fullest.

This Men's Health Month let's celebrate the diversity within the male community and work together to ensure that everyone has the opportunity to thrive, regardless of gender identity.




June 16: Wear Blue Day

Show support for the men and boys in our lives. This day is to raise awareness for men's health issues within the community. [WEAR BLUE DAY FRIDAY JUNE 16th](#).

Please scan the QR code below or [CLICK HERE](#) to register for a time to be trained.

NARCAN is available at North Shore Health Department

NARCAN® Direct Program

SCAN ME  **SCAN THE QR CODE to schedule a time to stop in for training & to receive Narcan.**
Walk-ins are also welcome!

NARCAN is available at both offices:

Brown Deer office
4800 W Green Brook Dr.

Shorewood office
2010 E Shorewood Blvd.

Open Mon-Fri 8AM-430PM

Want to learn more about Narcan?

Scan the QR code to visit  [Dose of Reality: Safer Use/Harm Reduction](#)
Follow us on social media for updates on future community NARCAN trainings and distribution events.



Gear up for a responsible and fun boating season with National Safe Boating Week! Make sure everyone wears a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for more life jacket safety tips.



Follow us on social media and visit our website for health information and updates!



RESOURCES AND REFERENCES

1. [Men's Health Month - Home \(hhs.gov\)](#)
2. [Products - Data Briefs - Number 456 - December 2022 \(cdc.gov\)](#)
3. [Wear Blue \(menshealthnetwork.org\)](#)
4. [Men's Health Month – Celebrated Each June \(menshealthmonth.org\)](#)