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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**  
**From: Central Michigan District Health Department**  
**RE: CMDHD Recognizes Men's Health Month**  
**Release Date: June 1, 2023**

### June is National Men's Health Month

Central Michigan District Health Department (CMDHD) is supporting National Men's Health Month. June is dedicated to promoting Men's Health, reminding men to pause, make their health a priority, and take action to care for themselves. It is important for all men, especially those with underlying health conditions, to take charge of their own health while encouraging others to prioritize theirs.

"This Men's Health Month, we want to take an opportunity to remind men to stay healthy by eating right, exercising, and seeking regular medical checkups to prevent disease," said CMDHD Health Officer Steve Hall. "CMDHD has resources available to support the men in our community to live a healthy and enjoyable life."

Below are a few things men can do to prioritize their health:

- **GET CHECKUPS** - Schedule yearly checkups and preventative screenings such as colorectal cancer screenings and prostate cancer screenings with a healthcare provider.
- **GET TESTED** - Get tested routinely for STIs, including HIV – do your part to [know your status](#).
  - June 27th is National HIV Testing Day. Call CMDHD's Health Promotion office at 989-314-7570 to schedule your free, confidential test.
- **DO SELF-EXAMS** – If applicable, perform monthly testicular self-exams to monitor for unusual changes and detect testicular cancer early.
- **BE ACTIVE** - Create a personal goal of at least 2.5 hours of physical activity every week.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

- June 10th is Family Health and Fitness Day. This is a great time to include your friends and family in your physical activity.
- **STAY TRIM** - Work toward and maintain a healthy weight.
- **EAT RIGHT** - Make a conscious effort to add more fruits and vegetables into your diet while limiting foods high in calories, sugar, salt, and fat.
- **AVOID PITFALLS** - Avoid unhealthy behaviors such as smoking, drugs and alcohols, texting while driving, and not wearing a seatbelt or bicycle/motorcycle helmet.
- **MANAGE STRESS** - Take care of your mental health by practicing good sleep habits and finding healthy ways to manage stress.
  - To see more numbers on Men's Mental Health Month, please visit: <https://mhanational.org/mens-health-month>.
  - To learn more about occupational health service, click here: <https://www.hhs.gov/about/agencies/asa/foh/bhs/employee-assistant-program/index.html>.
- **STAY UP TO DATE ON VACCINES** – Routine immunizations are important for maintaining health. CMDHD offers [walk-in vaccination clinics](#) for routine immunizations, as well as flu and COVID vaccines.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*