

Speak To Your Health! Community Survey Men's Physical Activity and Nutrition



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Men's health issues receive less attention than those of women, but it is important for men to focus on their health as well, especially when it comes to physical activity and nutrition. Poor diet and an inactive lifestyle are risk factors for heart disease, diabetes and cancer¹, which are the leading cause of death for men in America². The good news is that there are resources in Genesee County to help men maintain their health through diet and exercise.

DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that provides health information about Genesee County residents. The 2007 survey collected information from a sample of men in Genesee County. The results of the survey indicate that:

- 76% of men in Genesee County are overweight or obese.
- Approximately 1 in 10 men in Genesee County have been diagnosed with heart disease.
- 15% of men in Flint have been diagnosed with diabetes. 71% have not had a conversation with their doctors in the past year regarding their diabetes risk.
- 1 in 10 men in Flint find it somewhat or very difficult to get to a grocery store with a good variety of fresh fruits and vegetables.
- Over 80% of men in Genesee County do not eat the recommended 5 servings of fruit and vegetables a day.

Percent of men in Genesee who eat at least 5 servings of fruit and vegetable servings per day



WHAT CAN YOU DO?

- **Eat fruits and vegetables every day.** Check out your local grocery store to see if there are weekly coupons for nutritious food. Go to the local farmer's market and check out the selection of fresh produce.
- **Get moving at least 30 minutes a day.** Physical activity is an important part of health maintenance. Exercise improves both physical and mental health.
- **Explore hobbies that you can enjoy with friends,** such as playing basketball, baseball, or bowling. Even walking around with friends can provide health benefits.

WHERE CAN YOU GET MORE INFORMATION?

Genesee County Health Department

<http://www.gchd.us/>
630 S. Saginaw Street, Flint, Michigan 48502
810-257-3612

Flint Farmer's Market

<http://www.flintfarmersmarket.com/>
420 E. Boulevard Drive, Flint, MI 48503
Hours: Tuesday and Thursday, 9 AM – 5 PM
Saturday, 8 AM – 5 PM

Crim Fitness Foundation

<http://www.crim.org/>
452 S. Saginaw St., Suite 1, Flint, MI
810-235-3396

Hurley Diabetes Center

2700 Robert T. Longway Blvd. Ste G., Flint, MI
1-877-877-1215

The Survey is funded by a grant to the Prevention Research Center of Michigan (PRC/MI) from the Centers for Disease Control and Prevention and by the Genesee County Health Department. To see the survey results and learn more about the PRC/MI, visit: <http://www.sph.umich.edu/prc>

1 <http://www.cdc.gov/men/lcod/index.htm>

2 http://www.cdc.gov/heartdisease/risk_factors.htm