



**CABINET FOR HEALTH AND FAMILY SERVICES
OFFICE OF THE SECRETARY**

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June is Men's Health Month

52 Weeks of Health Campaign Spotlight: Make Father's Day Men's Health Day

FRANKFORT, Ky. (June 7, 2017) – As Part of its 52 Weeks of Public Health campaign, the Kentucky Department for Public Health (DPH) within the Cabinet of Health and Family Services (CHFS) is putting the focus on men's health as we celebrate Father's Day.

The purpose of the promotion is to reach more men across Kentucky and help educate them about how they can make their health a priority. By following public health's recommendations and getting necessary health screenings, men can lead longer, healthier lives and avoid conditions that impact health and well-being.

Here are recommended tools;

- **Wellness Exams:** See a healthcare provider for checkups and screenings for various conditions and diseases.
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- **Exercise:** Adults need at least [2.5 hours](#) of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week.
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- **Nutrition:** Eat a variety of fruits and vegetables every day.
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- **Sleep:** Adults need between 7-9 hours of sleep per night.
- **Tobacco:** It's never [too late to quit](#). Quitting smoking has immediate and long-term benefits. It's also important to avoid [secondhand smoke](#). Call 1-800-QUIT-NOW for information on how to quit.

Throughout the planned 52 Weeks of Public Health promotion, DPH will spotlight a specific public health issue. Additional information about the campaign is available on the DPH website: <http://chfs.ky.gov/dph/default.htm> and will be posted on the CHFS Facebook page: <http://www.facebook.com/kychfs> where Kentuckians are encouraged to like and share posts among their networks of friends.

The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.