

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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FLORIDA DEPARTMENT OF HEALTH RAISES MEN'S HEALTH AWARENESS

TALLAHASSEE – June is National Men's Health Month, and as Father's Day approaches, the Florida Department of Health is raising awareness about men's health. During this month, fathers, husbands, sons, grandfathers and friends are encouraged to reflect on making healthy choices that will lead to longer and healthier lives.

"Men's health means making healthy choices a routine part of living, in addition to regular check-ups by health professionals," said State Surgeon General and Secretary of Health Dr. John Armstrong. "This Father's Day is an opportunity to be active, eat healthy, and spend time together as a family."

Men can take control of their health by following these simple steps:

- Plan activities that keep you and your family physically active
- Prepare healthy and delicious meals at home
- Be smoke-free by visiting www.tobaccofreeflorida.com for 3 free, easy ways to quit
- Schedule screenings to maintain your prostate, skin and dental health
- Prevent head injuries by wearing helmets when on bikes and motorcycles

Men's health improves by adopting a healthy lifestyle, remaining physically active and eating healthy, well-balanced meals. To help Floridians live healthier lives, the Department launched the Healthiest Weight Florida initiative. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Floridians make consistent, informed choices about healthy eating and active living. To learn more about Healthiest Weight Florida, please visit www.HealthiestWeightFL.com.

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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