

Men's Health: A Guide to Living Long, Strong and Well

Kansas State University
Agricultural Experiment
Station and Cooperative
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Family & Consumer
SCIENCES

Mary L. Meck Higgins, PhD, RD, LD, CDE
Kimberly Shafer, PhD, RD

Suggested Introduction

What men eat can affect how good they feel and their risk factors for getting a disease. *Men's Health: A Guide to Living Long, Strong and Well* is a program for men and those who love them.

It offers practical advice about eating and other lifestyle behaviors that help men defend against illness. Learn more about preventing six specific diseases that threaten men's health: arthritis, colon cancer, depression, heart disease, osteoporosis, prostate cancer, stroke and more. Find out what medical checkups are recommended to fight against future health problems.

Men who make time to practice the nutrition tips and other lifestyle behaviors described in this program can live long, strong and well.

Educational goals

By the end of this program, participants should be able to:

1. Describe six health conditions that commonly affect men.
2. Make food choices that will help men resist specific diseases.
3. Discuss behaviors besides eating habits that men can adopt to improve their health and quality of life.
4. Plan how often men should get various kinds of health checkups.

Suggested Program Preparation

1. If possible, select a program co-host who male audiences can identify with and relate to easily.
2. Allow at least 45 minutes for the program.
3. Arrange the room so that participants will be able to see and hear you and each other easily.
4. For each participant, you will need:
 - a. A copy of the fact sheet, *Men's Health: A Guide to Living Long, Strong and Well*, MF-2742.
 - b. A photocopy of the participant survey on page 3 of this leader's guide.
 - c. A pen or pencil and paper.
 - d. A copy of any other related publications you choose.
5. If refreshments are to be served, choose foods and beverages recommended in the fact sheet.

Suggested Program Presentation Guide

1. Before the program, review this leader's guide, the accompanying fact sheet and any other related handouts you plan to use. If possible, familiarize yourself with the Web sites listed in the resources section of the fact sheet, www.health.nih.gov and www.oznet.ksu.edu/humannutrition/menshealth.htm.

2. Introduce yourself and your co-host and help participants feel welcome. Make the program enjoyable and fun.

3. Once the program has begun, encourage participants to meet and talk with each other.

a. Ask participants to think about one of their favorite foods and why it is a favorite. Allow about one minute for them to reflect. Then ask them to turn to a person sitting nearby and take turns discussing the food that each chose and why. Allow about three minutes for the discussion.

b. Next, allow three to five minutes for participants to talk as a group about which food each one chose and how they like that food to be prepared. (If you have a large number of participants, divide them into small groups based on their favorite food's category. For instance, ask all those who chose a bread, grain, or cereal to move to one part of the room. Ask those favoring fruits and vegetables, or dairy products, or meats and protein foods, or "other" foods, such as sweets, to group themselves in four other areas of the room. Then ask several or more volunteers to share their answers with the entire group.)

c. Thank everyone for participating.

4. Give each participant a copy of the fact sheet and a pen or pencil and paper. Ask them to write their initials on the fact sheet. Ask them to look it over and give them enough time to glance through each page.

5. Discuss the information in the first section, then pose questions to the group about their experiences with the foods described or the lifestyle behaviors mentioned. Allow time for participants to share their ideas and to ask questions.

Then continue through the fact sheet, discussing information in the next section.

6. When you get to the section on recommended health checkups, encourage them to use the fact sheet in the future as a health record. They can write the dates that they get the recommended checkups on the lines to the right.

7. Toward the end of the program, distribute photocopies of the participant survey on page 3. Read each question aloud as they record their answers. Collect the surveys.

8. Thank the audience for their participation. If desired, schedule a follow-up meeting to talk more about health information, or to plan one or more of the suggested community activities.

9. Mail participant surveys to the address shown.

Suggested Community Activities

1. Start a local cooking club (for males only, or allow the men to invite female guests). Start with recipes that feature foods recommended in the fact sheet.

2. Extend this program for men – and for those who love them – into the community by sponsoring a men's health fair. Alternatively, set up a men's health display at an existing community event.

3. Start a physical activity club (doing all kinds of stretching, strengthening and aerobic movements) for men.

4. Present this program to men's groups in your community. Work sites, businesses, farmers' co-ops, fishing and hunting clubs, sports' clubs, support groups for widowers or recovering gamblers or alcoholics, church groups, social or civic clubs, retirement associations, senior centers and other established groups might welcome speakers to address their members. Post flyers about a scheduled program at

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Participant Survey for Men's Health: A Guide to Living, Long, Strong and Well

Please take a few minutes to answer the following questions.

Date_____ Your County_____

Are you: Male___ Female___

Are you: White, non-Hispanic___ White, Hispanic___ Native-American___
African-American/Black___ Asian-American___ Other___

Your age category: Teen___ 19–40 yrs.___ 41–59 yrs.___ 60 yrs. and over___

1. Overall as a result of this program, I learned more about what a man can do to protect his health: (Circle one) No Yes, a little Yes, some Yes, a lot

2. Please specify what you learned today that you did not know or that surprised you:

3. How often do you think you will use the information in this program? (Circle one) Never Once a year Once a month Once a week Daily

4. How important is nutrition information to you? (Circle one)

Not at all		Somewhat		Very
1	2	3	4	5

5. After today, how often will you eat meals that include a variety of foods? (Circle one)

Never		Often		Always
1	2	3	4	5

6. Before today, how often did you eat meals that included a variety of foods? (Circle one)

Never		Often		Always
1	2	3	4	5

7. Please write any additional comments here:

Thank you for your time!

Leaders, please return surveys to: Dr. Mary L. Meck Higgins, Department of Human Nutrition, 202 Justin Hall, Manhattan, KS 66506



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sporting events and in auto service waiting rooms, barber shops, bowling alleys, golf clubhouses, gas stations, hardware stores, local cafes, sports bars, grocery stores, pharmacies, etc. If a group program is not possible, make the fact sheet available to members of community groups.

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