

Men's Health Month

Celebrated each year in June

International Men's Health Week

The week ending on Father's Day
in June each year (U.S. Father's Day)

MEN'S HEALTH MONTH AND MEN'S HEALTH WEEK WERE CREATED BY, AND ARE HOSTED BY:

OUR MISSION

Reach men and their families where they *live*, *work*, *play*, and *pray* with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.



MEN'S HEALTH WEEK / MEN'S HEALTH MONTH

- This awareness period was created by Senator Bob Dole and Congressman Bill Richardson with support from Men's Health Network. It was passed by the U.S. Congress and signed into law by President Clinton in 1994 as Men's Health Week (the week ending on the U.S. Father's Day). Men's Health Week was expanded to include the whole month of June in the late 1990s.
- Men's Health Week is still celebrated as "a special awareness period recognized by Congress and the President" and International Men's Health Week is celebrated around the globe.
- Men's Health Month (June) is an annual awareness period designed to heighten the awareness of preventable health problems (mental and physical) and encourage early detection and treatment of disease among men and boys. Medical professions and community activists use this opportunity to encourage regular self-exams and screening.

www.MensHealthMonth.org

www.MensHealthWeek.org

www.InternationalMensHealthWeek.org

www.imhw.org

www.WearBlueFriday.org

MEN'S HEALTH WEEK - INTERNATIONAL

- Men's Health Network (MHN) organized a meeting at the first World Congress on Men's Health (2001 in Vienna) to discuss synchronizing a universal men's health awareness period linked to the official recognition of Men's Health Week by the U.S. government.
- A follow-up meeting organized by MHN at the 2nd World Congress on Men's Health (2002, again in Vienna) found universal agreement, leading to the launch of Men's Health Week in countries around the globe.
- The International Men's Health Week web page links users to the major Men's Health Week websites in participating countries, and recognizes efforts in those countries where there is no established web site.

www.InternationalMensHealthWeek.org

www.imhw.org

www.WearBlueFriday.org

Men's Health Month

Men's Health Week

Using the Internet

MEN'S HEALTH MONTH

SOCIAL MEDIA TOOLKIT



MEN'S HEALTH MONTH / WEEK – DIGITAL MEDIA

- Social media has become an important tool to promote awareness activities and connect participating organizations.
- A free comprehensive social media toolkit encompassing social media messages, images, blog posts, and newsletter content has been developed by MHN. The toolkit is available at www.MensHealthMonth.com and www.MensHealthweek.com
- The hashtags #MensHealthMonth, #MensHealthWeek, and #ShowUsYourBlue are used during the month to promote and track awareness of Men's Health Month, Men's Health Week, Wear Blue Friday, and other activities in the U.S. and around the globe.
- MHN organizes and participates in dozens of Social Media events (Twitter Chats, Facebook Live) during the month that reach millions of readers.
- Wear Blue Friday participants post their photos on the awareness period's Internet sites.

WANT TO LEARN MORE?

For more information on Men's Health Month and Men's Health Week, or to provide information about your country's activities for the web site contact the Men's Health Network.



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