MEN’S HEALTH FACTS

44
4.4 years less than Women.

11
The last 11 years will be in poor health.

Men are more likely to die from heart disease at earlier ages.

Men are at a significantly higher risk of dying from liver disease.

80% of spinal cord injuries occur in young Men.

70% of developmental and learning disabilities affect Boys.

Men have an increased risk of dying from diabetes.

Men make up 56% of the workforce.

Yet 94% of all workforce fatalities are Men.

The top 3 reasons for reduced lifespan in Men are cardiovascular disease, suicide, and motor vehicle accidents.

Only 30% of a Man’s overall health is determined by his genetics:

Having a Y chromosome is not an excuse for unhealthy lifestyle choices.

Globally, alcohol kills almost 6 times more Men than Women.