

MEN'S HEALTH WOF

Know Your Numbers. Book Your Check. Stay Well.

KNOW YOUR NUMBERS

Blood Pressure: **<130/80** | Waist Circumference: **<94 cm** | Exercise: **150+ min/week**
Strength Training: **2+ sessions/week** | Sleep: **7–9 hours/night**

HEART HEALTH

Ask your GP about blood pressure, cholesterol, diabetes screening and your cardiovascular risk score. Heart disease remains one of the leading causes of illness and death in New Zealand men.

Risk factors: Smoking, diabetes, high blood pressure, excess weight, inactivity and family history.

WEIGHT MANAGEMENT & FITNESS

Aim for 150+ minutes of activity weekly and strength training at least twice per week. Prioritise protein, vegetables and sleep.

The Daily 5: Move • Protein • Vegetables • Sleep • Connect

ALCOHOL & DRUGS

The less alcohol consumed, the lower the health risk. Consider whether alcohol affects your sleep, weight, relationships, safety or work.

PROSTATE HEALTH

Discuss prostate health and whether PSA testing is appropriate, particularly from age 50 or earlier if you have a strong family history.

Seek medical review for urinary symptoms, blood in urine or erectile changes.

BOWEL CANCER

Free bowel screening is available for eligible New Zealanders aged 56–74. Do not wait for screening if you have symptoms.

Red flags include blood in the stool, bowel habit changes, abdominal pain and unexplained weight loss.

MENTAL HEALTH

Low mood, poor sleep, increased alcohol use, irritability and withdrawing from family or mates are common warning signs. Call or text **1737** anytime.

ACCESSING HEALTHCARE: YOUR GP IS YOUR HEALTH TEAM CAPTAIN

General practice is often the best place to start. Your GP can help with cardiovascular health, diabetes prevention, weight management, mental health, prostate and bowel concerns, men's sexual health, skin checks, sleep issues and injuries. When needed, your GP can coordinate referrals to specialists, physiotherapists, dietitians, psychologists and community services.

TOP 5 HEALTH CHECKS EVERY KIWI MAN SHOULD KNOW

1. Blood Pressure
2. Cardiovascular Risk Assessment
3. Diabetes Screening
4. Bowel Screening (56–74)
5. Prostate Health Discussion

AGE-BASED CHECKS

40+ Blood pressure, cholesterol and diabetes screening if risk factors.

50+ Discuss prostate health and PSA testing.

56–74 Complete bowel screening every 2 years.

QUESTIONS TO ASK YOUR GP THIS YEAR

■ What is my cardiovascular risk? ■ Do I need diabetes screening? ■ Is PSA testing right for me? ■ Is my weight affecting my health? ■ What should I focus on over the next 12 months?

Trusted NZ Resources: Health NZ • Heart Foundation NZ • Prostate Cancer Foundation NZ • Bowel Cancer NZ • 1737 Need to Talk

Your health is one of your most important assets. Invest in it.