

JUNE 2019


CUGWELL CONNECTION

Your Monthly Newsletter



Upcoming Events:

July 2019
Fruit Campaign
presents fresh peaches



It's summer time, which means that it is warming up. With the rise in temperatures, it is extremely important to apply sunscreen appropriately. Below are some tips to maximize your protection.

Get UVA and UVB Protection: Choose sunscreen that provides protection from both Ultraviolet-A rays which increases your risk of cancer and Ultraviolet-B rays which causes sunburn and skin damage.

Choose SPF 30 or higher: SPF absorbs and reflects the sun's rays; however, it is important to treat a higher SPF sunscreen the same way you would treat a lower SPF sunscreen, so make sure to apply the same amount and just as often.

Apply Early and Liberally: Apply sunscreen 30 minutes before going outside and do not be stingy.

Reapply at least every two hours: If swimming or sweating, or using spray sunscreen you should apply every 60-90 minutes



June is Men's Health Month



Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month

MensHealthMonth.org

Men's Health Network

MensHealthNetwork.org

Get It Checked

GetItChecked.com

Talking About Men's Health Blog

TalkingAboutMensHealth.com

Men's Health Resource Center

MensHealthResourceCenter.com



MensHealthMonth



MensHealthMonth



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Did you know....

Men are victims of
over 92% of
workplace deaths

Inactive men are
60% more likely to
suffer from
depression than
those who are
active

Men who sleep 7-8
hours a night have about
a 60% less risk of fatal
heart attack than those
who sleep 5 hours or
less

Men suffer
hearing loss at
two times the
rate of females

Men live 9 years
in poor health-
mostly
preventable by
making small
lifestyle changes

Each year over
230,000 men are
diagnosed with
prostate cancer and
about 30,000 will die
from it.

Wellness Update!

The City's Public Works Department recently took a step to promote wellness by installing a new water bottle filling station at its office. The station was donated by the Pitt County Health Department, and Public Works is promoting its use by giving each of its employees a new city-branded water bottle.



2019 Fruit Campaign



Your Wellness Committee will be providing you with more fresh fruit.

As part of the second series in the 2019 Fruit Campaign, fresh peaches will be offered to departments in July

If you have any questions, please see your department Wellness Champion for more information.