

# E-HEALTHY NEWSLETTER

Volume 1, Issue 5

June 2011

KEY TO GOOD HEALTH:

## Your Waistline



Men can gain significant health benefits from watching their waist size and, if necessary, losing some flab around the middle, the American Dietetic Association says.

"Just as it's important to know your blood pressure, cholesterol, blood sugar and weight numbers, men need to know their waist circumference. So, get out the tape measure," registered dietitian and ADA spokesman Jim White said in an ADA news release.

To correctly measure your waist size, wrap the tape measure over bare skin on your natural waistline, a little above the belly button at the narrowest part of your torso. Don't hold the tape measure too loose or too tight.

For an average male, a waistline of 40 inches puts him into the "disease-risk zone," the experts warned.

Excess abdominal fat, as opposed to fat elsewhere on the body, increases men's risk for health problems such as diabetes, heart disease and some types of cancer.

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## MEN'S HEALTH MONTH



Why **Wear Blue**? **Wear Blue** was created to raise awareness about men's health issues across our nation. The Miami-Dade Schools Police Department encourages you to support the men you love by wearing blue throughout the month of June.

According to the Men's Health Network, "There is an ongoing, increasing, and predominantly silent crisis in the health and well-being of

men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating slowly."

Women and children can get involved by promoting healthy eating habits, planning recreationally fit activities, and by encouraging routine doctor's visits. Let's end the silent crisis and promote men's health!

**WEAR BLUE** to remind men the importance of staying healthy!

**WEAR BLUE** to let men know we care!

**WEAR BLUE** to keep men healthy and alive!

**WEAR BLUE** and become part of a national movement!

### Men Urged to Lead by Example & See a Doctor Regularly



Men may be far less likely than women to see a doctor, but there are many reasons why they should make the effort.

For many of our men, seeing a doctor is just not a priority. Men generally die younger than women and have higher death rates for heart disease, cancer, stroke and AIDS. But a U.S. survey found that women are three times more likely than men to see a doctor on a regular basis.

Its been said, "Bad habits die hard and good habits start young."

Kids look to their parents for examples of how to live. So lead by example. If you live a healthy life, so will your kids.



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