
NEWS RELEASE

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Ministry of Health

British Columbia striding ahead in men's health

VANCOUVER – The Province has provided \$2 million to the Vancouver General Hospital (VGH) and UBC Hospital Foundation to motivate men to live healthier lives, Health Minister Terry Lake announced today while marking the start of Canadian Men's Health Week.

"Raising awareness about men's health is something that benefits all of us," Lake said. "Most British Columbians know that making healthy choices can make immediate impacts by increasing our daily energy levels, but it also can help reduce, mitigate or prevent future injury or illness. As a father and a husband, I owe it to myself and my family to make the small changes needed to ensure I'm a part of their lives for as long as possible."

VGH and UBC Hospital Foundation will work Canadian Men's Health Foundation (CMHF) to encourage an additional 20,000 men over two years to participate in Don't Change Much, and You Check, two men's health awareness programs.

You Check is an online, 18-set questionnaire that men can use to get a snapshot of their health. It delivers a custom report with health tips on how to improve their current and future health. Don't Change Much is a website with quick recipes, easy ways to be active and advice from Canadian celebrities like NHL veteran Trevor Linden and Olympians Simon Whitfield and Adam Kreek.

"We can prevent up to 70% of men's chronic health problems without adding another dollar, doctor or hospital to the health care system through health initiatives directed at men," said Dr. Larry Goldenberg, chair of the CMHF. "The Government of British Columbia is a leader in recognizing the importance of promoting healthy lifestyles and the benefit of healthier men to families, employers and communities. I applaud them on the funding of our work to improve the health of men in British Columbia."

This funding builds on the \$1 million the Ministry of Health provided to VGH and UBC Hospital Foundation in 2014 and \$5 million in 2013 to support the foundation's efforts to further develop men's health research and health promotion.

"The results from our Don't Change Much lifestyle campaign show that British Columbian men and their families are more motivated when armed with health information and lifestyle programs and support," said Wayne Hartrick, president the CMHF. "Our campaign is enabling B.C. men to hear, absorb and act on the idea that small lifestyle changes can have significant, long-term health benefits."

Canadian Men's Health Foundation is a national, non-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg. The mission of CMHF is to inspire Canadian men to adopt a healthier lifestyle to prevent prostate cancer and other men's health problems.

Learn more:

For more information on men's health and the Canadian Men's Health Foundation, visit: <http://menshealthfoundation.ca/>

For more information on Don't Change Much, visit: <http://dontchangemuch.ca/>

For more information on You Check: youcheck.ca/

For more information on VGH & UBC Hospital Foundation, visit: www.vghfoundation.ca

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