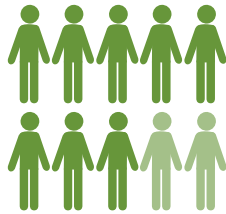


Men's Health: Get a Game Plan, Guys

Are men taking better care of themselves today? Yes, but according to a recent survey...*

More men today claim good health than in 2007. However, they also report more chronic conditions. Guys, make your health a greater priority!

Nearly **8 in 10** men (79%) have a regular doctor they see when sick or want medical advice (up from 7 in 10 in 2007).



48%

of men report being diagnosed with at least one listed chronic condition** (up from 42% in 2007).



52%

of men say they exercise or work out regularly (up from 38% in 2007).

JUST SHORT OF THE GOAL LINE
Men are hitting the mark on three keys to health: more physical exams, increased activity, and seeking care from their regular doctor. Increased chronic conditions may reflect both an aging population and improved detection. Men need to continue making their health a greater priority. "Not feeling sick is not necessarily the same as being healthy," said AAFP President Wanda Filer, MD, MBA.



52%

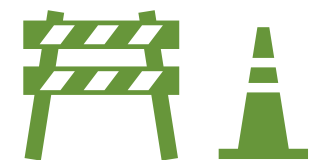
of men report getting a physical exam in the past year (up from 45% in 2007).



20

Men spend **20** hours a week working at a computer (down from 26 hours in 2007) and 19 hours a week watching TV (unchanged from 2007).

59%



of men say barriers, including not feeling sick enough, prevent them from visiting the doctor (unchanged from 2007). Lack of insurance is a barrier for fewer of them (5% in 2016, down from 11% in 2007).