

FOR IMMEDIATE RELEASE

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National Health Leaders Gather to Promote Ongoing Dialogue on Men's Health

(Washington, DC) – The Men's Health Braintrust gathered on May 3rd in Washington, DC – more than 40 representatives from patient organizations, key state and federal agencies, professional medical associations, employers, and other leaders – to continue the high-level discussions on how to improve the health and wellbeing of boys, men, and their families. This was the sixth meeting of the Dialogue on Men's Health series since the group was launched in October 2012.

The meeting included presentations on health issues specific to American Indian, Alaskan Native, Asian, and Pacific Islander men and boys.

“American Indian and Alaska Native males experience significant health disparities throughout the lifespan, including higher death rates due to diabetes, heart disease, and suicide,” said Mose Herne, M.P.H., M.S., Director, Division of Planning, Evaluation and Research, Office of Public Health Support, Indian Health Service, U.S. Department of Health and Human Services.”

“Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPI) believe that the health and well-being of males, men and boys, are critical to the strengthening of our communities and families,” said Ford Kuramoto, D.S.W., LCSW, President, Magna Systems, Inc. **“Better data is needed to accurately understand the actual issues for AANHPI males to develop effective resources and health and behavioral health care services.”**

The Association of Black Cardiologists presented a clip of their powerful video, “Before You Eat the Church Food” about health issues in the African-American community (www.beforeyoueatthechurchfood.com). Armin Brott, MBA, (author and host of “Positive Parenting,” which airs on the American Forces Radio Network) spoke about reaching and connecting with fathers, adolescents, and young men through smartphone apps.

“More than 75% of adolescents and young men have smartphones,” said Brott. **“If we want to reach that population in a way that will engage them, we’re going to have to do it through what’s in their pants—their phone.”**

Leba G. Shallenberger, (Manager, Health Education and Promotion Center of Excellence, ExxonMobil), spoke about her company's health and wellness programs.

“At ExxonMobil our ‘Culture of Health’ provides environmental support for healthy behaviors. Creating effective and helpful health education initiatives builds on our strong and ever-present Safety Culture,” said Shallenberger. **“We have wonderful health education and promotion programs and materials that we’ve created and that are available from other organizations. We have to continue to work together to find the best ways to target males in our communications and to design programs that will appeal to their tastes and interests and motivate them to participate.”**

Another featured speaker, Michael D. Lutz, M.D., (Partner, Michigan Institute of Urology; P.C.), discussed effective community outreach programs.

“Men’s health advocacy via men’s health events, both local and national, will encourage and engage men to become advocates for their own health,” said Lutz. **“Our ‘Fight like a Man Campaign’ will hopefully awaken our corporate community and help stimulate men to take a more active role in their health and wellness.”**

Members participated in robust discussions on the need for coordinated approaches that go beyond the physical health of men and boys to address their mental and emotional health and well-being. Each Dialogue member also received a hard copy of their just-published position paper, [A Framework for Advancing the Overall Health and Wellness of America’s Boys and Men](#). This paper can be accessed and downloaded at no cost www.menshealthnetwork.org/library/Dialogue1.pdf .

The Dialogue on Men’s Health series of national discussions explore how to improve the health and well being of men, boys, and their families. The Dialogue series convenes in Washington, DC and is hosted by the Men’s Health Braintrust which consists of representatives from over 50 agencies and organizations. [Men’s Health Network](#) (MHN), a member of the Braintrust, organizes the meetings. Learn more about MHN at www.menshealthnetwork.org and follow us on Twitter @MensHlthNetwork

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