

# THE COST OF POOR MEN'S HEALTH

**\$36.9  
BILLION  
PER YEAR**

## MEN'S HEALTH COSTS (in Billions)

DIRECT	
Health Care Costs	\$11.9
INDIRECT	
Premature Mortality	\$14
Short-Term Disability	\$2.4
Long-Term Disability	\$8.6
<b>TOTAL</b>	<b>\$36.9</b>

Thanks to bad lifestyle behaviours



**THE GOOD NEWS IS  
IF CANADIAN MEN:**



**GOT  
ACTIVE**



**QUIT  
SMOKING**



**SHED  
EXCESS  
WEIGHT**



**REDUCED  
ALCOHOL**

**WE COULD PREVENT UP TO 70% OF THESE COSTS**



**DontChangeMuch.ca  
CanadianMensHealthWeek.ca  
MensHealthFoundation.ca**

**SOURCE: CANADIAN MEN'S HEALTH FOUNDATION**  
Prepared by: H. Krueger & Associates Inc., *The Economic Burden Associated with Diseases in Men And the Contribution of Tobacco Smoking, Excess Weight, Alcohol Consumption and Physical Inactivity to this Burden*, October 2014.