
MEN'S HEALTH FACTS



70% of Canadian men's chronic health conditions are caused by lifestyle – only **30%** is genetic



Canadian men are **57%** more likely to die from diabetes than women



Canadian men are **79%** more likely to die from heart disease than women



67% of Canadian men are overweight or obese



Canadian men are **40%** more likely to die from cancer than women



Canadian men are **four times** more likely to commit suicide than women



Canadian men spend on average **nine years** of their lives in poor health often related to lifestyle

