



## Colin Carrie MP Oshawa

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### Colin Carrie Hosts First Men's Health Caucus

**Ottawa, ON, November 22, 2013** –Yesterday, Dr. Colin Carrie, Member of Parliament for Oshawa and Parliamentary Secretary to the Minister of the Environment, met with other Members of Parliament and representatives of the Canadian Men's Health Foundation (CMHF) to discuss some of the health challenges facing males in Canada, and strategies to address the male health problem.

The inaugural meeting of the Men's Health Awareness Caucus was hosted by Dr. Carrie in coordination with Dr. Larry Goldenberg (Order of Canada recipient) and Wayne Hartrick (President, CMHF). The goal of the caucus is to increase awareness with federal MPs, and their constituents on male health issues, and ask that they encourage the men in their lives to take a more proactive approach to their healthcare.

"Most men possess an unwillingness or inability to look after their own health, or deny that they may be vulnerable to disease," said Dr. Goldenberg. "Unfortunately, this attitude is more detrimental than genetics; health care experts estimate that male indifference or inaction to address their health accounts for about 70% of the male health problem."

"Men need to be more attentive of their health," said Dr. Colin Carrie. "We hope that through the Caucus, and with the expertise of Dr. Goldenberg and Mr. Hartrick, we can help raise awareness of men's health issues in Canada."

In Canada, men are 79% more likely to die of heart disease, 40% more likely to die of cancer, and 57% more likely to die from diabetes than women. Ninety-five percent (95%) of workplace deaths are males, and men account for 80% of suicides.

"These are disturbing statistics, especially when considering that the last ten years of a man's life are often spent in poor health," stated Dr. Goldenberg.

"The Canadian Men's Health Foundation is working with organizations to start a men's health social movement in Canada. Evidence-based research to determine the best ways to motivate men to adopt healthy behaviors is a new undertaking, and is in need of further support," said Mr. Hartrick. "CMHF looks forward to working with Members of Parliament to help achieve these goals."

"Ultimately, being healthy should be gender neutral and a healthy, active lifestyle must be accepted as masculine," said Dr. Goldenberg. "Today was an important step forward in sharing this message with our elected officials, and we look forward to reaching out to more Parliamentarians in the near future."

#### **ABOUT THE CANADIAN MEN'S HEALTH FOUNDATION**

The Canadian Men's Health Foundation (CMHF) is a national, not-for-profit, organization founded by Order of Canada recipient Dr. Larry Goldenberg. CMHF envisions a nation in which men not only actively care for their health, but also in which Canadian society values the final piece of the family health puzzle. Through a new social awareness CMHF will inspire Canadian men to live 10 healthier years. CMHF will motivate and enable men and their families with health information and healthy lifestyle programs in such a way that they can truly hear, absorb and act on it.

## **FOR FURTHER INFORMATION**

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