



Community Health Department

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Men's Health Month HEALTHY TIPS FOR MEN

Sleep Well



Adults need between 7-9 hours of sleep. Insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions including diabetes, cardiovascular disease, obesity and depression.

Tame your Stress



The best way to manage stress is through self-care. Avoid drugs, alcohol and Tobacco. Participate in activities you enjoy.

Move More



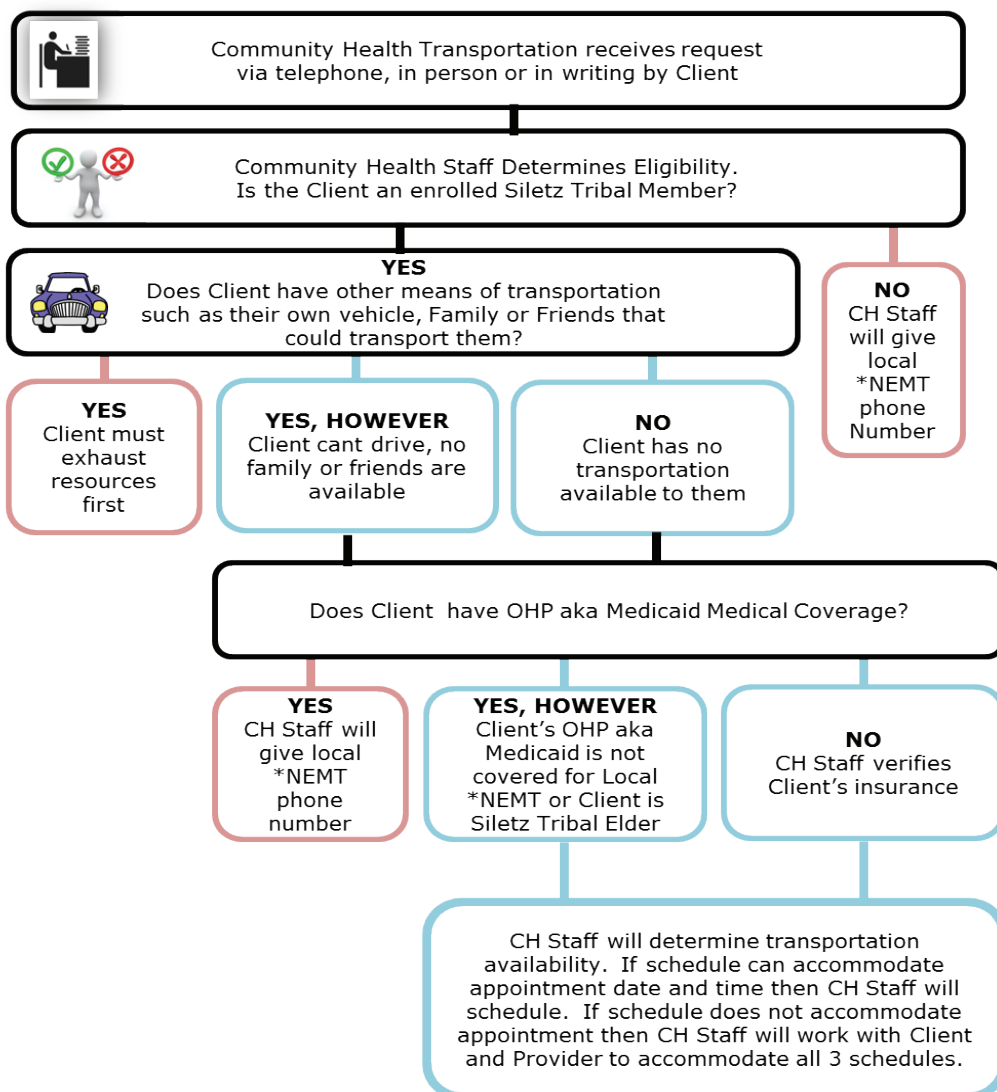
Adults need at least 2 and a half hours of moderate-intensity aerobic activity every week.

Stay on Top of Your Game



See your doctor or nurse regularly for checkups. Certain diseases and conditions may not have symptoms. Checkups can help identify issues early or before they become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination.

Community Health Transportation Flow Chart



*NEMT – Non Emergency Medical Transport



E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.



Some e-cigarettes don't look like tobacco products, so some kids use them unnoticed in schools, including in classrooms and bathrooms.



An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.



TOBACCO PRODUCT USE IN ANY FORM, INCLUDING E-CIGARETTES, IS UNSAFE FOR YOUTH.



My name is Hannah Glaser and I recently joined the Community Health team as a Community Health Advocate. I graduated from Oregon State University with a B.S. in Public Health in Fall 2017. I have experience working at the Oregon State University Women's Center, where I organized a variety of events related to the topic of feminism. I also interned with Planned Parenthood, where I provided sexual health education to youth. I am excited for this opportunity to work directly with people and I am hoping to make a difference within the community! In my spare time, I enjoy hiking in the Corvallis area and I love to read realistic fiction books.