Statement from the Federation of Jewish Men's Clubs
about June and Men's Health Month

The Federation of Jewish Men's Clubs (FJMC) is proud to recognize June as Men's Health Month, and June 10th-16th as International Men's Health Week- a time dedicated to raising awareness about the health issues that impact men and boys. This month provides an opportunity to focus on the importance of early detection, disease prevention, and healthy living.

Vital Statistics about Men's Health

1. **Life Expectancy:** On average, men live 5 years less than women (Centers for Disease Control and Prevention, 2023).
2. **Heart Disease:** It is the leading cause of death among men, accounting for 1 in every 4 male deaths (American Heart Association, 2023).
3. **Cancer:** Men are at a higher risk of developing and dying from cancer. Prostate cancer is the most common cancer in men, followed by lung and colorectal cancers (American Cancer Society, 2023).
4. **Mental Health:** Men are less likely than women to seek help for depression, substance abuse, and stressful life events due to societal expectations and stigma (National Institute of Mental Health, 2023).

Jewish Values and Community Support

Jewish values emphasize the sanctity of life, health, and community support, crucial in promoting men's health. Here are ways in which our Jewish communities can support men's health, grounded in our values:

1. ***Pikuach Nefesh*** **(Saving a Life):** This principle underscores the importance of preserving human life. Our communities can encourage regular health screenings and check-ups to detect diseases early and increase the chances of successful treatment.
2. ***Shmirat HaGuf*** **(Guarding the Body):** Judaism teaches us to take care of our bodies as they are a gift from God. Promoting physical activity, healthy eating, and a balanced lifestyle within our congregations can lead to better health outcomes.
3. ***Bikkur Holim*** **(Visiting the Sick):** This mitzvah encourages us to support those who are ill. Community members can form support groups, provide transportation to medical appointments, and offer assistance to those undergoing treatment.
4. ***Chesed*** **(Kindness):** Acts of kindness can significantly impact mental health. By fostering a supportive and inclusive environment, we can reduce the stigma

surrounding mental health issues and encourage men to seek help when needed.

Call to Action

As we observe Men's Health Month, the FJMC calls upon our members and communities to take proactive steps toward improving men's health. Let us work together to educate, support, and inspire healthy lifestyles within our communities. By integrating these Jewish values into our daily lives, we can create a supportive network that promotes the well-being of men and their families. Together, we can make a difference.

For more information and resources on men's health, please visit our website at www.fjmc.org. Feel free to use this Shabbat drash on safe spaces for men to help teach your community about this urgent need.

Thank you for your continued commitment to the health and well-being of our community.

Sincerely,
Alan Budman - International President
Rabbi Noam Raucher - Executive Director

References

- Centers for Disease Control and Prevention. (2023). Life Expectancy Data. CDC Website
- American Heart Association. (2023). Heart Disease and Stroke Statistics. AHA Website
- American Cancer Society. (2023). Cancer Facts & Figures. ACS Website
- National Institute of Mental Health. (2023). Men and Mental Health. NIMH Website