



**A Memo from
Frederica M. Williams
President and CEO
June 1st, 2017**



ANNUAL MEN'S HEALTH SUMMIT: Healthier Men: Stronger Families and Stronger Communities!

The purpose of Men's Health month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Whittier Street Health Center is deeply committed to raising awareness regarding men's health. We have a nationally recognized Men's Health department that focuses on educating and empowering men to be activated in taking steps to improve their health and well-being.

Whittier's Men's Health Programs:

It has been established that males are less likely to seek medical assistance to manage their health. They are also less likely to follow medical prescriptions and sometimes refuse long-term therapy. Since males typically visit the doctor to a limited extent, they often do not receive consultations involving general health tests and preventative therapy. Moreover, it has been shown that men are more likely to disregard pathological conditions and pain, and are more likely to delay medical therapy.

According to a 2013 to 2014 life expectancy study by the World Life Expectancy, the average life expectancy for men in Massachusetts is 78.07 years, compared to the average life expectancy of 82.73 for women living in Massachusetts. The life expectancy for minority men is much lower! Minority men are less likely than men in the majority to see a health care provider and receive timely preventive care. The reasons for these health disparities may be due to financial and social issues, lack of access to care, language and cultural differences and other barriers that often makes it difficult for minority groups to achieve good health.

The top five health issues affecting men in our community:

The top five health issues affecting men are: **Heart disease, Stroke, Suicide and Depression, Cancer** (lung and prostate cancer) and **Unintentional injuries and accidents** (*unsafe consumer products, drug and alcohol use including*

prescription drug misuse, exposure to occupational hazards, and unsafe home and community environments).

Other top health risks for men include Chronic Obstructive Pulmonary Disease/Respiratory Diseases, Kidney Disease, Liver Disease, Diabetes, Influenza and Pneumonia, Skin Cancer, HIV and AIDS.

Answering the call to help raise awareness of men's health concerns, Whittier's Men's Health department was launched in 2004. Our Men's Health program addresses the physical, mental, emotional and social support needs of all men, especially minority and low-income men. The men's health team works with the men's health clinical providers at Whittier to address the holistic health and well-being of our men and boys.

We also have community outreach programs targeting high risk males and linking them to care. The outreach programs are held at schools, community centers, barber shops, taxi-stands, public housing developments, churches, prisons, jails, and half-way houses/transitional facilities.

On June 24th, 2017 from 11am to 2pm, we will be hosting our 17th annual Men's Health Summit in our Community Education Room at Whittier Street Health Center. The theme for this year's event is ***Healthier Men: Stronger Families and Stronger Communities***. The event will include health screenings, a keynote speech, a panel discussion on men's health, workshops and awards presentation to eight men's health champions from diverse backgrounds. Please see the list of champions below.

Whittier's 2017 Men's Health Champion: eight men from diverse backgrounds will be awarded Men's Health Champions awards at the event:

Javier Barrientos - Senior Director Global Diversity & Inclusion, Biogen Idec

Dr. Mothusi Chilume – Director of Adult Medicine and Urgent Care, Whittier Street Health Center

Richard Derosa – Director, Father Friendly

Courtney Grey - Director of Trauma Services, Boston Public Health Commission

Dr. Gene Lindsey - President and CEO Emeritus of Atrius Health and Harvard Vanguard Medical Associates

John O'Neil - Nurturing Fathers' Program Director, Family Nurturing Center

Hector Pina - Owner of Merengue, Vejigantes, and Dona Habana restaurants

Marc Spooner - President, Commercial Products, Tufts Health Plan

With the support of our friends, donors, supporters and patients, we will realize our vision to serve as champions for equitable access to high quality health care for ALL!

For more information about the Men's Health Program at Whittier and or about the June 24th *Healthier Men: Stronger Families and Stronger Communities* summit, please contact Robert Edwards at 617 989 3028.

Thank you for your continued support for Whittier Street Health Center's mission. Please visit our website (www.wshc.org) and our [Facebook](#), [LinkedIn](#), [Twitter](#) and [YouTube](#) pages for more information regarding our impact in the community and upcoming events.



Wishing you good health!

Frederica M. Williams
President and CEO



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