

MEN'S HEALTH FACTS

KYMF
#KnowYourManFacts

www.knowyourmanfacts.com

Key facts we
all need to
know about
men's health



men a day die
from preventable causes



Better Wealth =
Better Health



1 in 5 men die
before the age of 65

Know Your Risks



Watch
Your Habits



Know Your
Numbers



Check Your
Environment



Take Action



Mind
Your Body

Staying mentally healthy
improves your physical health



Get
Checked

Know what health checks
are right for you



Choose
One Thing

Make one change for
the good of your health

You can be a men's health champion



1

Know
the facts



2

Take
action



3

Tell your
mates

#MensHealthWeek
9–15 June 2025

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AMHF
AUSTRALIAN MEN'S HEALTH FORUM