



**June is National Men's Health Month:  
HARC Provides a Look at Men's Health in the Coachella Valley**

**(Palm Desert, CA) – June 2, 2014.** June is National Men's Health Month, designed to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Health Assessment Resource Center (HARC) provides local data to support Men's Health Month, identifying areas where our Coachella Valley men are at especially high risk for poor health. This data comes from HARC's latest Community Health Monitor, an extensive survey that assesses health and wellness for adults and children in the Coachella Valley every three years.

***Alcohol Consumption***

Consuming a moderate amount of alcohol is not necessarily detrimental to health, but binge drinking, or drinking to the point of legal intoxication (a blood alcohol content of .08 or higher) can be harmful to health. HARC's 2013 data shows that not only do Coachella Valley men drink more than their female counterparts (71% of men are drinkers, compared to only 59% of women), but they are also more likely to engage in binge drinking (36.6% of male drinkers have engaged in binge drinking in the past month, versus only 21.4% of female drinkers). This puts Coachella Valley men at risk for health problems such as liver disease, neurological damage, cardiovascular conditions, alcohol poisoning, and physical injuries.

***Obesity***

Obesity is a serious threat to good health in the United States. Previous research has linked obesity to increased risk of many diseases, including Type 2 diabetes, hypertension, heart disease, and stroke. According to the U.S. Centers for Disease Control and Prevention (CDC), obesity is the second leading cause of preventable death in the U.S., accounting for approximately 300,000 deaths per year.

Obesity and other weight problems are typically measured using body mass index (BMI), which is calculated based on weight and height. HARC's latest data shows that Coachella Valley men are significantly more likely to have a BMI in the "overweight" or "obese" category than their female counterparts (69.1% versus 49.1%, respectively). This indicates that nearly 70% of Coachella Valley men are currently overweight or obese, putting them at risk for a wide variety of illnesses and health problems.

***Cancer***

Cancer is the second-leading cause of death in the U.S. today (second only to heart disease, according to the CDC). Two types of cancer pertain only to men: prostate cancer and testicular cancer. HARC's research shows that prostate cancer is the second-most common cancer in Coachella Valley adults—second only to skin cancer. Nearly 5% of adult men in the Coachella Valley have been diagnosed with prostate cancer. Over 8,200 men in Coachella Valley are prostate cancer survivors. There are approximately 600 testicular cancer survivors in Coachella Valley. Diagnoses of all types of cancer have significantly increased in the Coachella Valley over the past six years, rising from 9.6% of adults in 2007 to 13.8% of adults in 2013.

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***About HARC***

HARC is a nonprofit 501(c)(3) organization located in Palm Desert, CA. HARC provides research and evaluation services in the field of health and wellness. For more information about HARC, please visit the website at [www.HARCdata.org](http://www.HARCdata.org), or call 760.404.1945.