

MEN'S HEALTH BY THE NUMBERS

76.4

average life expectancy

88%

of adult men report being in good to excellent health

51%

of adult men report meeting government physical activity guidelines

31%

of adult men report binge drinking at least once in the past year
(binge drinking for men is having 5 or more alcoholic drinks in one day—on average men have about 12.5 binge drinking episodes per year)

35%

of adult men are obese

32%

of adult men have hypertension

21%

of adult men smoke

Things to Keep an Eye On:

- Your physical activity levels
- Maintaining a healthy weight or losing weight
- Going tobacco free
- Eating nutritiously
- Managing stress

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