

# 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:

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

[FOH.psc.gov/men](http://FOH.psc.gov/men)

