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Mayor

# CITY OF HARTFORD

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## **Healthy Hartford Campaign Healthy Men's Event December 10<sup>th</sup>, 2010**

**10:00 AM ~ 2:00 PM**

**Parker Memorial Center**

**2621 Main Street**

**Hartford, CT 06103**

**(Draft)**

When you get a preventive medical test, you're not just doing it for yourself. You're doing it for your family and loved ones:

- Men are 24 percent less likely than women to have visited a doctor within the past year and are 22 percent more likely to have neglected their cholesterol tests.
- Men are 28 percent more likely than women to be hospitalized for congestive heart failure.
- Men are 32 percent more likely than women to be hospitalized for long-term complications of diabetes and are more than twice as likely as women to have a leg or foot amputated due to complications related to diabetes.

The single most important way you can take care of yourself and those you love is to actively take part in the care of your health. Participate in decisions with your doctor. You can make healthy choices everyday by being physically active, eating a healthy diet, staying at a healthy weight, drinking alcohol in moderation or not at all, not smoking, and taking an aspirin daily to avoid a heart attack.

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### **Our Goal:**

The Healthy Men's event is one of the many events taking place annually under the Healthy Hartford Campaign which is to increase the availability of health related information designed to influence the positive choices that Hartford families make in their every day lives. The priority themes of this campaign will include physical activity, disease prevention and management resources. The central theme of this campaign will be "Healthy Choices."