

# HEALTH INFORMATION

GRAHAM

CONSTRUCTION

## Reason for the Information

Men's Health Week is running from the 9<sup>th</sup> to the 15<sup>th</sup> of June with the theme of the week being work-life balance, stress and healthy lifestyle choices.

As the 12<sup>th</sup> of June signals the start of the FIFA World Cup Brazil 2014 we have taken a look at how the UK fares against the other competing nations in the health stakes!



## Alternative World Cup!

Below we have played out a fantasy World Cup using the World Health Organisation's (WHO) latest stats on Blood pressure (BP), Obesity, Alcohol and tobacco consumption and projected life expectancy for men in each of the competing countries! For England we have used the WHO stats for the UK

FINAL GROUP STANDINGS (BASED ON LIFE EXPECTANCY IN YEARS)							
Group A		Group B		Group C		Group D	
<i>Croatia</i>	<b>73</b>	<i>Spain</i>	<b>77</b>	<i>Japan</i>	<b>79</b>	<i>Costa Rica</i>	<b>77</b>
<i>Mexico</i>	<b>71</b>	<i>Netherlands</i>	<b>77</b>	<i>Greece</i>	<b>77</b>	<i>Italy</i>	<b>77</b>
Brazil	66	Australia	77	Colombia	71	England	76
Cameroon	54	Chile	73	Ivory Coast	51	Uruguay	73
Group E		Group F		Group G		Group H	
<i>Switzerland</i>	<b>78</b>	<i>Argentina</i>	<b>73</b>	<i>Germany</i>	<b>76</b>	<i>Belgium</i>	<b>76</b>
<i>France</i>	<b>78</b>	<i>Bosnia Herzegovina</i>	<b>73</b>	<i>United States</i>	<b>75</b>	<i>South Korea</i>	<b>72</b>
Ecuador	69	Iran	64	Portugal	74	Russia	69
Honduras	67	Nigeria	46	Ghana	57	Algeria	68

SECOND ROUND STAGE (% OF POPULATION WITH HIGH BLOOD PRESSURE)			
Croatia	42%	<i>Netherlands</i>	<b>29%</b>
Spain	28%	<i>Mexico</i>	<b>27%</b>
<i>Japan</i>	<b>26%</b>	Italy	28%
Costa Rica	32%	<i>Greece</i>	<b>25%</b>
Switzerland	27%	<i>Bosnia</i>	<b>38%</b>
<i>Argentina</i>	<b>31%</b>	France	29%
Germany	31%	<i>South Korea</i>	<b>18%</b>
Belgium	24%	<i>United States</i>	<b>17%</b>

QUARTER FINAL LITRES OF ALCOHOL CONSUMED PER PERSON PER YEAR)			
Netherlands	10	<i>Japan</i>	<b>7</b>
<i>Mexico</i>	<b>7</b>	Greece	10
<i>Switzerland</i>	<b>11</b>	South Korea	12
France	12	United States	9

SEMI FINAL (% OF ADULT POPULATION CLASSED AS OBESE)			
<i>Japan</i>	<b>6%</b>	Mexico	27%
<i>Switzerland</i>	<b>18%</b>	United States	30%

WORLD CUP FINAL (% OF POPULATION USING TOBACCO PRODUCTS)			
Japan	34%	<i>Switzerland</i>	<b>31%</b>

Switzerland comes out on top in the World Cup of Health!

England (UK) would be eliminated in the group stage!  
With a lower life expectancy than the United States, Australia, France, Germany and Belgium among others

## Healthy Lifestyle Choices

We can all help to improve our performance as a nation and increase our collective life expectancy by implementing some simple life style choices that help reduce blood pressure, reduce the amount of adult obesity and risk of some cancers

- Look at your diet – even by just reducing the salt and fat content of your food you can help lower your blood pressure
- Get more exercise – increase your daily activity to help lower your blood pressure and lose weight
- Reduce your alcohol consumption – help can be found at [www.drinkaware.com](http://www.drinkaware.com)
- Reduce or, ideally, eliminate smoking! for help to quit smoking visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
- Remember your work-life balance. If you feel the symptoms of stress as a result of work impacts or impacts from your personal/private live, you should consult your Doctor. [www.nhs.uk/understanding-stress](http://www.nhs.uk/understanding-stress)

**GRAHAM – Live Well, Be Well, Work Well**