



## Consolidated Tribal Health Project

### Men's Health Day Community Event

*Consolidated Tribal Health Project hosted a Men's Health Day to promote men's wellness, increase access to preventive services, and strengthen community awareness around chronic disease management. Our multidisciplinary team of family medicine providers, dentists, behavioral health clinicians, certified medical assistants, nurses, and community health outreach workers collaborated to provide health screenings, educational resources, and support to men in the surrounding community.*

**Goal:** Promote access to healthcare services and increase patient awareness of the importance of preventive care and chronic disease management for men.

#### **Quality Measures of Focus:**

- Colorectal Cancer Screening
- Controlling High Blood Pressure
- Diabetes Management
- Adult Vaccination
- Behavioral Health
- Dental Health

#### **Healthcare Services Offered:**

- Patient education topics:
  - Prostate Health
  - Tobacco Use
  - Cancer Screenings and Resources
  - Behavioral Health Resources
  - Dental Health
- Cholesterol screening
- Cologuard for colon cancer screening
- Blood pressure checks
- Vaccine administration
- A1C screening

## **Event Details:**

The event featured a 'Men's Health Passport' designed to encourage full participation in all available screenings and educational stations. Each participant received a passport and earned stamps by completing various health activities. Completed passports were exchanged for raffle entries. To create a welcoming and engaging environment, the event also included lunch, games, and opportunities for one-on-one conversations with clinicians and health educators.

## **Event Results:**

31 men attended the event

29 men completed and returned passport

24 A1c screenings performed

23 cholesterol screenings performed

25 vaccines administered

## **Overall Outcome:**

We were impressed by the turnout since this was our first Men's Health event. 93% of attendees completed all health screenings offered. To increase future participation, we will promote our next event with social media promotion in addition to flyer distribution.

One of the event highlights was the cornhole tournament. The MC's play-by-play commentary added an element of fun and helped keep energy levels high throughout the event.

## **Future Plans:**

Consolidated Tribal Health Project plans to host another Men's Health Day next year, building on the success of this event. Future enhancements may include:

- Offering additional screenings such as vision and foot exams
- Expanding the Men's Health Passport with new incentives
- Partnering with community organizations to promote awareness of local resources available