

NBNA Men's Health Awareness  
Social Media Tool Kit  
#NBNA #MensHealth #WearBLUE

- Follow us on:
  - a. **Facebook**-National Black Nurses Association
  - b. **Instagram**-NBNA\_Insta
  - c. **Twitter**-NBNAInc
  - d. **Website**-[www.nbna.org/menshealth](http://www.nbna.org/menshealth)
  
- **Blue** isn't just a color—in fact, on June 14 blue can help raise awareness about health issues impacting men such as cancer, heart disease and mental illness. Join the #ShowUsYourBlue campaign by **WEARING BLUE** to work Friday, June 14. #NBNA MensHealth #WearBlue
  
- Many health conditions can be prevented or detected early with regular checkups. Make prevention a priority! See this [list](#) of test you may need to discuss with your medical provider.  
#NBNA #MensHealth #WearBlue #GetItChecked
  
- 1 in 2 men get cancer in their lifetime. Women? 1 in 3. Let's change the [statistics](#). #NBNA #MensHealth #WearBlue
  
- Did you know the Human Papillomavirus (HPV), a sexually transmitted disease, can cause cancer in the human body? Most men never know they have HPV. #NBNA #MensHealth #WearBlue
  
- Gentlemen, your sexual health can also impact your physical health—erectile dysfunction is an early sign of cardiovascular disease.  
#NBNA #MensHealth #WearBlue #GetItChecked
  
- Do the men in your life have someone to talk to? About 30% of men experience depression, yet only 1 in 4 actually talk about it.  
#NBNA #MensHealth #WearBlue

Adapted from Men's Health Network, Click [here](#) for full social media toolkit