

# Men's Health Guide

## Arthritis: Four Common Conditions

**K-STATE**  
Research and Extension  
Family and Consumer Sciences

### LEADER'S GUIDE

2023 Annual Lesson Series

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### Suggested Introduction

Men's Health Guides are a series of health information fact sheets for men and those who love them. It offers practical advice about lifestyle behaviors and early detection to help men defend against illness. Learn more about preventing specific diseases that threaten men's health: cancers, arthritis, heart disease, osteoporosis, stroke, and mental health issues and depression. Find out what medical checkups are recommended to fight against and prevent future health problems. Men who make time for preventative tests and practice the nutrition tips and other lifestyle behaviors described in this program can live a life enjoying what they like to do into retirement.

### Educational goals

By the end of this program, participants should be able to:

1. Describe health conditions that commonly affect men.
2. Make food choices that will help men resist specific diseases and live a healthier lifestyle.
3. Discuss behaviors besides eating habits that men can adopt to improve their health and quality of life while helping to reduce symptoms of arthritis.
4. Understand and participate in early detection testing and various healthcare checkups.



### Suggested Program Preparation

1. If possible, select a program co-host (such as a local physician or other health care professional) who male audiences can identify with and relate to easily.
2. Allow at least 45 minutes for the program.
3. Arrange the room so that participants will be able to see and hear you and each other easily.
4. For each participant, you will need:
  - a. A copy of the fact sheet, *Men's Health Guide: Arthritis: Four Common Conditions*.
  - b. A photocopy of the participant survey on page 4 of this leader's guide.
  - c. A copy of the Men's Health Screenings Guide.
  - d. A pen or pencil and paper.

- e. A copy of any other related publications you choose.
5. If refreshments are to be served, choose foods and beverages that follow a healthy dietary pattern.

## Suggested Program Presentation Guide

1. Before the program, review this leader's guide, the accompanying fact sheet, and any other related handouts you plan to use. If possible, familiarize yourself with the websites listed in the resources section of the fact sheet:

- Arthritis Types | CDC [www.cdc.gov/arthritis/basics/types.html](http://www.cdc.gov/arthritis/basics/types.html)

2. Introduce yourself and your co-host and help participants feel welcome. Make the program enjoyable and fun.
3. Once the program has begun, encourage participants to meet and talk with each other.
  - a. Ask participants to think about one health concern and what they could do to prevent or decrease this concern. Allow about one minute for them to reflect. Then ask them to turn to a person sitting nearby and take turns discussing the concern that each chose and why. Allow about three minutes for the discussion.
  - b. Next, allow three to five minutes for participants to talk as a group about their health concern, how to prevent it or to decrease the effect of it. If you have a large group, divide the group into smaller groups based on their concern (for example, cancer, obesity, arthritis, heart disease, osteoporosis, stroke and so on). After 8 to 10 minutes, bring them back together and have one person in each group report out for the group.
  - c. Thank everyone for participating.
4. Give each participant a copy of the fact sheet and a pen or pencil and paper. Ask them to write

their initials on the fact sheet. Ask them to look it over and give them enough time to glance through each page.

5. Discuss the information in the first section, then pose questions to the group about their experiences with the health concerns described in the fact sheet. Allow time for participants to share their ideas and to ask questions. Then continue through the fact sheet, discussing information in the next section.
6. When you reach the section on recommended health checkups, encourage them to use the Men's Health Screenings Guide to record and track future health checkups and record screenings. They can write the dates that they have the recommended checkups on the lines to the right.
7. Toward the end of the program, distribute photocopies of the participant survey on page 4. Read each question aloud as they record their answers. Collect the surveys.
8. Thank the audience for their participation. If desired, schedule a follow up meeting to talk more about health information, or to plan one or more of the suggested community activities.
9. Mail participant surveys to your local extension office or FCS agent.

## Suggested Community Activities

1. Assist participants in filling out their own health care checklist. Identify what they have achieved and plan for next steps in their healthcare needs. Help participants identify what tests they need done, what kind of doctor or medical professional would be able to assist with those tests, set a timeline to make calls and encourage them to be proactive in their healthcare needs.
2. Start a local cooking club (for males only or allow the men to invite female guests). Start with recipes that follow a healthy dietary pattern recommended in the fact sheet.

3. Extend this program for men — and for those who love them — into the community by sponsoring a men's health fair. Alternatively, set up a men's health display at an existing community event.
4. Start a support group for health information. Invite speakers each month to share information about specific health topics.
5. Present this program to men's groups in your community. Groups that might welcome speakers to address their members include work sites, businesses, farmers' co-ops, fishing and hunting clubs, sports' clubs, support groups for widowers or recovering gamblers or alcoholics, church groups, social or civic clubs, retirement associations, senior centers and other established groups. Post flyers or use social media to provide information about a scheduled program at sporting events and in auto service waiting rooms, barber shops, bowling alleys, golf club houses, gas stations, hardware stores, local cafes, sports bars, grocery stores, pharmacies, etc. If a group program is not possible, make the fact sheet available to members of community groups.

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# Evaluation

## Men's Health Guide, Arthritis: Four Common Conditions

Please take a few minutes to answer the following questions.

Date: \_\_\_\_\_ Local Unit where program was offered: \_\_\_\_\_

Gender:  Female  Male  Prefer not to answer

Race/Ethnicity:  American Indian/Native American  Bi-racial  White/Non-Hispanic  Asian  
 Hispanic or Latino  Black/African American  Native Hawaiian/Pacific Islander  Other

Age: \_\_\_\_\_

Overall, because of this program, I learned more about what a man can do to protect his health (select one):

No  A little  Some  A lot

Please specify what you learned today that you did not know about osteoarthritis, gout, fibromyalgia and rheumatoid arthritis or what surprised you.

How often do you think you will use the information in this program? (select one)

Never  Once a year  Once a month  Once a week  Daily

On a scale of 1-5, how important is eating a healthy dietary pattern?

Not At All Somewhat Very  
1 2 3 4 5

On a scale of 1-5, before today, how often did you talk to your provider about arthritis?

Not At All Somewhat Very  
1 2 3 4 5

On a scale of 1-5, after today what is the likelihood you will talk with your talk to a doctor about arthritis or early detection of arthritis conditions?

Not At All Somewhat Very  
1 2 3 4 5

After this lesson, I will talk to a doctor about arthritis or early detection of arthritis conditions.  Yes  No

Who will you share this information with?

How will you encourage family members to talk with their healthcare provider about arthritis?

Please write additional comments here. Thank you for your time!

*Leaders, please return surveys to:* Your local extension office or Family and Consumer Sciences agent.

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