

National Health Council Lunch & Learn Presentation

Men's Health Panel

Moderated By:

Ron Henry

President

Men's Health Network



Housekeeping Items

- This meeting is being recorded and made available after to all NHC members and the general public.
- No AI-powered notetakers are permitted on any NHC virtual meetings unless approved prior to the beginning of the meeting.
- For questions or comments, please use the Q & A.
- During the Q & A, the webinar host will unmute should you wish to ask a live question.
- For any technical issues with the Zoom links or the agenda, please email me at kmcuevas@nhcouncil.org.



Featured Panelists



Ron Henry
President,
Men's Health Network



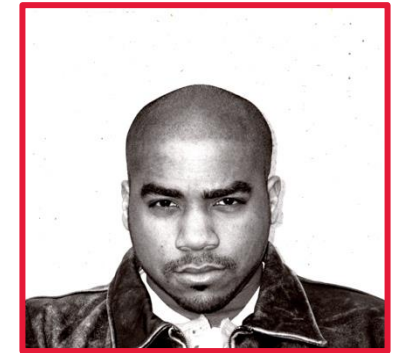
**Dr. David Garcia,
PhD, FACS**
Associate Professor,
Zuckerman College of
Public Health,
University of Arizona



**Stephen Silva-
Brave (Sicangu
Lakota Oyate)**
Doctoral Candidate in
Social Work,
University of Texas,
Arlington



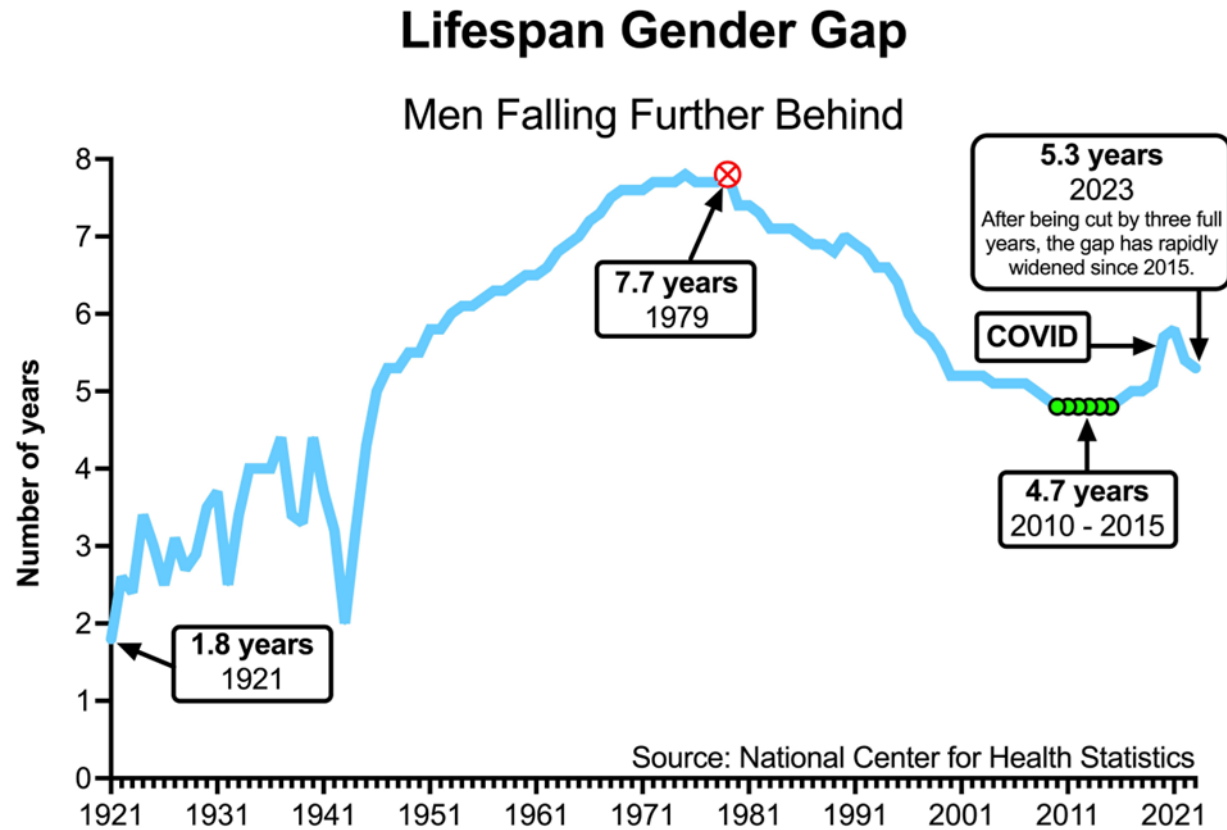
Lowell G. Evans
Regional Director,
Epilepsy Foundation of
Virginia



Bryan Carson
Board Member,
Angels of Epilepsy



Men's Health Background



Men's Health Policy



Men's Health Month

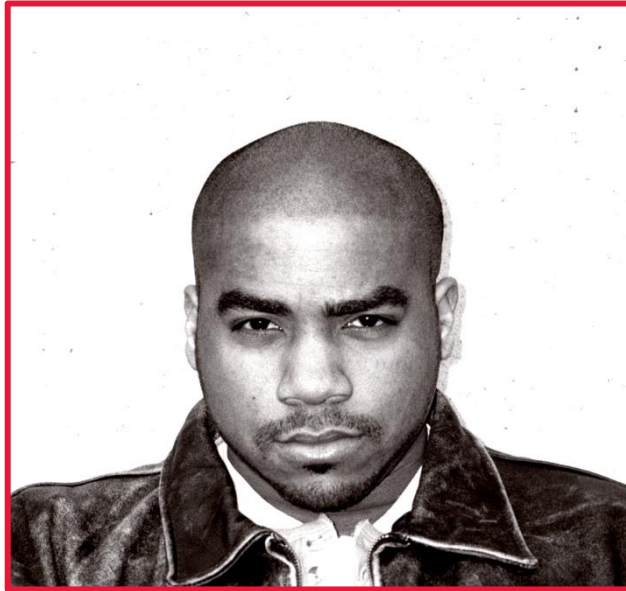


Key Highlights of Today's Webinar

1. Understanding the role of social support for male patients and their families/support system.
2. Connecting lived experience with patient decision-making.
3. Reviewing challenges and opportunities faced by male patients.
4. Describing policy and legislation prioritizing men's health topics.
5. Highlighting how research has informed our understanding of men's health programs.



Bryan & Lowell's Lived Experience



Bryan Carson



Lowell G. Evans

Stephen's Lived Experience



Stephen Silva-Brave

Men's Health Practice & Research Perspectives



Ron Henry



David Garcia, PhD, FACSM



Context Matters...One Size Doesn't Fit All!

1. Examining strategies to improve recruitment and engagement of Hispanic men in obesity and health-related research
2. Developing and testing gender- and culturally tailored weight-loss interventions specifically for Hispanic men and integrating digital health technologies
3. Expanding men's health research into liver disease prevention, including studies exploring Mexican-origin men's knowledge, attitudes, and motivation regarding MASLD/NAFLD risk reduction



David O. Garcia, PhD, FACS



Call to Action

- Encourage adoption of healthy lifestyles and engagement in prevention efforts.
- Support policies and programs that improve men's health and access to health care services.
- Open the dialogue to discuss mental health issues and provide appropriate supportive resources.
- Participate in community events that raise awareness on men's health and male caregiving.
- Reduce bias in the male patient journey and encourage thoughtful conversation to improve holistic well-being.
- Further research funding in men's health to further understand the lived experience of male patients.



Mental Health/Resources

Men's Health Network (MHN) [Home page - Men's Health Network](#)

Global Liver Institute (GLI) [Global Liver Institute | Transforming the future of liver health.](#)

Epilepsy Foundation of America (EFA) [Epilepsy Foundation #1 trusted site for epilepsy and seizure news](#)

Ganas Health Initiative (GHI) [GANAS | Men's Health Resources](#)

National Institute of Mental Health (NIMH) [Men and Mental Health - National Institute of Mental Health \(NIMH\)](#)

National Alliance on Mental Illness (NAMI) [NAMI Connection | NAMI](#)



Q & A Session



Thank You & Contact Information

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Stephen Silva-Brave: University of Texas, Arlington

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Bryan Carson: Angels of Epilepsy

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