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2019年

中国男性健康日

自2000年开始，国家计划生育委员会确定每年10月28日为“中国男性健康日”。据世界卫生组织发布的《2018世界卫生统计报告》显示，中国男性的预期寿命是75岁，女性预期寿命是77.9岁。

通过加大对“中国男性健康日”的宣传，让男性认识和关心自己的健康，尤其是性与生殖健康，对提升男性的健康素养水平具有十分重要的意义。在“中国男性健康日”来临之际，全社会应加强对男性健康的关注度，每个家庭再多一点对男性健康的关爱，将有助于促进家庭和谐、社会和谐。

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男性健康十大标准

- 1.充沛的精力。
- 2.处事乐观，态度积极。
- 3.睡眠好。
- 4.应变能力强。
- 5.能抵抗一般性感冒和传染病。
- 6.体重适当，身体匀称。
- 7.眼睛明亮，眼睑不易发炎。
- 8.牙齿清洁，牙龈颜色正常，无出血现象。
- 9.头发有光泽，无头屑。
- 10.肌肉丰满，皮肤有弹性。