



Topic Talks

Men's Health

Australia is one of the world's healthiest societies, yet our men and boys die younger; experience more disease and have less access to support services than women and girls. This week we will look closer at Men's Health in Australia.

How to improve Men's Health?

- Empower and support men and boys to optimise their own and each other's health and wellbeing;
- Build the evidence base for improving men's health; and
- Strengthen the capacity of the health system to provide quality appropriate care for men and boys.

• **Australia is one of the world's healthiest societies, yet men die six years younger than women on average. Men and boys in Australia also account for:**

- 95% of workplace deaths
- 4 out of 5 heart disease deaths (before the age of 65)
- 3 out 4 of suicides
- 3 out 4 road deaths
- 2 out of 3 violent deaths

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

What is your understanding of Men's Health in your community?

What are the health statistics for men in your community? Do you know who to refer men to if they request help?

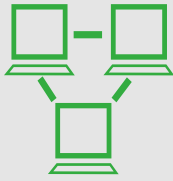
Men's health is always important but every decade is different - do you know what to look out for?

Explore the things to look out for in each decade <http://www.49.com.au/>. What are the implications for men's health in your community?

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

Loddon Mallee Activities and Resources



What's on the Web?



References:



Tuesdays@2 Webinar Series

Tuesday 15th June 2pm : Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEI4enJHWFRheWRtaTdaUT09>

Speaker:

- Men's Health Nurse Practitioner Peter Strange, BCHS
- **Topic:** Q&A
 1. Why should 'Men's Health' receive more attention?
 2. What are the most common types of consultations for Men's Health?
 3. What are the barriers to improving Men's Health in this region?
 4. How can health professionals in the Loddon Mallee Region help improve Men's Health?
- Men's Health Week June 14-20 Know Your Man Facts more information here <https://www.amhf.org.au/knowyourmanfacts>

E-Learning:

- Andrology Australia: Health Male e-Learning <https://learn.healthymale.org.au/>
- **Webcasts:**
- HSE Health & Wellbeing (2021) Engaging Men Webinar series <https://www.youtube.com/watch?v=Lv6-Y3gofm8>
- The Physio Movement (2020) Keeping Men Healthy [1:12:15] <https://www.thephiomovement.com.au/mens-health-webinar-keeping-men-healthy/>
- Vic Health (2020) Framing Masculinity Part 1 & 2 <https://www.vichealth.vic.gov.au/media-and-resources/publications/healthiermasculinities>

Podcasts:

- University of Utah: Who care's about Men's Health Podcasts <https://healthcare.utah.edu/the-scope/menshealth/>

Web Sites:

- [Australian Men's Health Forum](#)
- [Foundation 49](#)
- [Healthy Male \(Andrology Australia\)](#).

- Australian Men's Health Forum (n.d.) Exactly how big is the gender health gap? [online at] https://www.amhf.org.au/exactly_how_big_is_the_gender_health_gap
- Australian Government DOH (2019) National Men's Health Strategy 2020-2030 [online at] <https://www.health.gov.au/sites/default/files/documents/2021/05/national-men-s-health-strategy-2020-2030.pdf>
- VAHI / SCV (2021) Victorian Population Health Survey 2019 - Summary of Results [online at] <https://www.bettersaferecare.vic.gov.au/reports-and-publications/vphs2019>