

# Men's Health in Numbers

## Irish Men's Health Report Card 2020



Prepared for the Men's Health Forum in Ireland by Dr Paula Devine and Dr Erin Early

## THANKS AND ACKNOWLEDGEMENTS

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  - Biddy O'Neill: Department of Health, Republic of Ireland
  - Dr Gillian Prue: School of Nursing and Midwifery, QUB
  - Dr Noel Richardson: National Centre for Men's Health, IT Carlow



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This report is available online at: [www.mhfi.org/MensHealthInNumbers2.pdf](http://www.mhfi.org/MensHealthInNumbers2.pdf)

# Introduction

The Men's Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, from both the Republic of Ireland and Northern Ireland. The Forum was established in 1999, and operates on an all-island basis.

MHFI was established in response to the growing recognition of the need to address the poor health status of males in Ireland. However, one of the first challenges facing it was to gain access to reliable data upon which to plan future interventions. This remains an ongoing concern - as the Forum seeks to work in an evidence informed way.

This barrier was, initially, overcome when MHFI launched its seminal *Men's Health in Ireland* report in January 2004 ([www.mhfi.org/fullreport.pdf](http://www.mhfi.org/fullreport.pdf)). This document provided the most comprehensive overview of key statistics on men's health on the island of Ireland ever collated up to that time. It offered clear evidence of local males' health needs, and a roadmap for action. Importantly, it also provided a baseline against which to measure progress in the future.

To mark its twenty-first birthday in 2020, the Forum undertook an initiative titled *Men's Health in Numbers*. Funded by the Health Service Executive (HSE) Health and Wellbeing, this sought to produce:

1. A comprehensive **Trends Report** that describes changes in significant markers of men's health on the island of Ireland between 2004 and 2019.
2. An **Irish Men's Health Report Card** (this document) that provides a contemporary synopsis of key men's health statistics in the Republic of Ireland.

The amount of data available on the health of men and boys in Ireland is almost endless. This Report Card can only give a flavour of some of the important issues in the lives of local males. It focuses upon headline statistics and, for simplicity, presents most of these as infographics. If you would like to explore more detailed data, please have a look at the substantive *Men's Health in Numbers: Trends on the Island of Ireland* report which is available at: [www.mhfi.org/MensHealthInNumbers1.pdf](http://www.mhfi.org/MensHealthInNumbers1.pdf) Alternatively, check-out some of the data sources on page 19 of this Report Card.

A lot has changed in Ireland - and the world - since our *Men's Health in Ireland* report was published in 2004. Indeed, even at the deadline for publication of this Report Card, the range of data available to us is constantly evolving and changing. COVID-19 is also having a dramatic impact upon the health and wellbeing of everyone in Ireland and, no doubt, will have a long-lasting legacy. Thus, this Report Card only represents a snapshot taken at one particular period in time.

The figures in this booklet provide some cause for optimism, along with some grounds for concern. The four main causes of death among males in Ireland continue to be neoplasms, circulatory system diseases, respiratory system diseases, and external causes of injury and poisoning. That said, it is important to note that death rates from these have often been reduced due to factors such as the adoption of healthier lifestyles, the uptake of screening programmes, better diagnostic tools, improvements in health literacy and help-seeking behaviours, availability of support services, and more effective treatment options.

The figures in this booklet provide some cause for optimism, along with some grounds for concern.

This progress, combined with the fact that Irish males now live longer, means that the overall population of males in Ireland is ageing. The downside, though, is that we can expect a higher incidence of some cancers and chronic conditions in the future.

Ireland has the highest rate of diagnosed prostate cancer in the EU. The incidence rate for non-melanoma skin cancer (NMSC) has doubled since 1994. Excessive alcohol use remains high. Too many males are overweight. The number of males diagnosed with gonorrhoea and HIV has increased ... However, the mortality rate for all invasive cancers (excluding NMSC) has fallen and the survival rate has increased. There are fewer male smokers. The number of male suicides has fallen. The proportion of male deaths due to diseases of the circulatory system has decreased ...

But Irish males are not a homogenous group, and there are significant differences in the circumstances of their lives, health behaviours and health outcomes. Indeed, it is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

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Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they are contending with. However, this is no longer the case. In recent years, a broad range of research has highlighted the health challenges which face men in Ireland and further afield. Yet, although the health of local men can, sometimes, be poor, it is not a 'lost cause'. It can be improved in many significant ways. Indeed, a wide range of innovative and pioneering initiatives have already been developed to support the health needs of men and boys. Some examples of these are peppered throughout this Report Card.

Much has already been achieved but, as they often say in Report Cards: 'there is still room for improvement'. Males, themselves, need to play a central role in taking control of their health and wellbeing. However, male health is not just an issue for individual men and boys; their health can often be determined and influenced by other policy, economic, environmental, educational and social factors which are outside of their personal control. This dynamic is represented in the 'Health Impact Pyramid' towards the end of this booklet on page 18. Thus, there is also a role in improving male health for decision-makers, service providers and society as a whole.

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The Republic of Ireland was the first country in the world to adopt a National Men's Health Policy and, subsequently, a Men's Health Action Plan.

The Republic of Ireland was the first country in the world to adopt a *National Men's Health Policy* and, subsequently, a *Healthy Ireland - Men Action Plan*. Ireland was, and still is, an international leader in this field. We hope that our *Men's Health in Numbers* publications will add to this reputation. More importantly, we hope that these materials will be a practical resource for many organisations across Ireland - by highlighting some of the main areas for concern, providing evidence of need, mapping the magnitude of the work which needs to be undertaken, and inspiring practical and realistic responses.

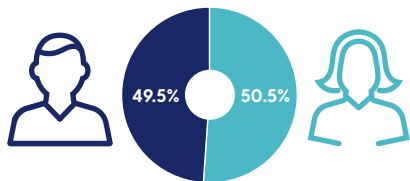
**The Men's Health Forum in Ireland**

# Population



## TOTAL POPULATION

POPULATION OF IRELAND  
IN 2020: 4,977,433  
MALES: 2,465,571 (49.5%)

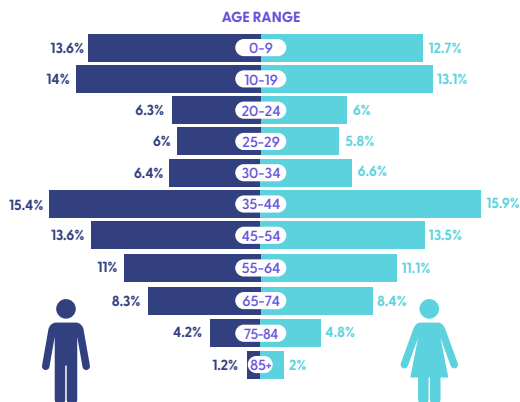


Source: CSO Statbank Table PEA04

## AGE PROFILE

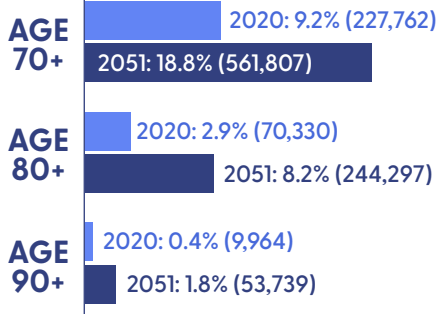


MALES HAVE A  
YOUNGER AGE PROFILE  
THAN FEMALES



Source: based on CSO Statbank PEA01

## AGEING



THE NUMBER OF OLDER  
MEN IS EXPECTED TO RISE  
OVER THE NEXT 30 YEARS

Source: based on CSO Statbank PEA11, PEA22

## AREA OF RESIDENCE (2020)



Region	000s	% of male population
Dublin	694.8	28%
Mid-East	364.8	15%
South-West	355.2	14%
Mid-West	244.1	10%
West	232.9	9%
South-East	217.6	9%
Border	204.2	8%
Midland	152.0	6%

Source: CSO Statbank Table PEA04

## CASE STUDY

### GAA Healthy Club Project

The GAA Healthy Club Project supports local clubs to explore how they can best support the holistic health of their members, and the communities that they serve, by: reflecting upon what they are already doing well; identifying areas where they would like to improve; and empowering them to ensure that everyone who engages with their club - in whatever capacity - benefits from the experience in a health-enhancing way.

[www.gaa.ie/my-gaa/community-and-health/healthy-club](http://www.gaa.ie/my-gaa/community-and-health/healthy-club)



## LIFE EXPECTANCY



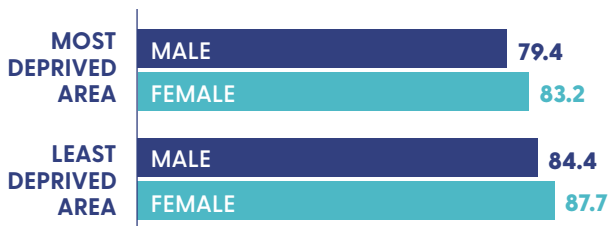
LIFE EXPECTANCY AT BIRTH FOR MALES HAS INCREASED OVER TIME

### Life Expectancy at Birth



Source: Eurostat Table TPS00208

### 2016 Life Expectancy at Birth by Area of Deprivation



Source: CSO Mortality Differentials in Ireland 2016-2017

BUT THOSE IN THE MOST DEPRIVED AREAS HAVE SHORTER LIVES



HEALTHY LIFE EXPECTANCY FOR MALES HAS INCREASED

### Healthy Life Expectancy



Source: Eurostat Table hlth\_hlye

## DISABILITY

# 13.2%

of males (311,580) had a disability in 2016



Source: CSO Statbank Table EZ042

## HOMELESSNESS

# 4,018

males were recorded as homeless in 2016

# 69.7%

of the homeless males were in Dublin (2,802 men)

Source: CSO Statbank Table E5001

## MIGRATION

# 2009:

41,900 male emigrants  
36,800 male immigrants

# 2020:

27,900 male emigrants  
41,900 male immigrants

Source: CSO Statbank Table PEA16, PEA17

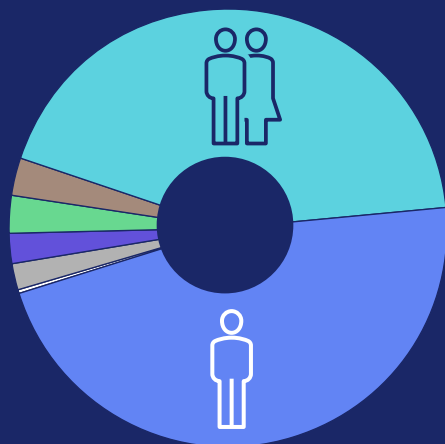


THE NUMBER OF MALES LEAVING IRELAND HAS DECREASED, WHILE THE NUMBER OF MALES COMING TO IRELAND HAS INCREASED

# Family and Relationships



## MARITAL STATUS (2016)



	Number	%
● Married (first marriage)	860,005	46.7%
● Single	800,201	43.5%
● Separated	51,615	2.8%
● Widowed	47,610	2.6%
● Divorced	43,309	2.4%
● Re-married	34,583	1.9%
● Registered same-sex civil partnership	2,526	0.1%

Source: CSO Statbank Table EZ004

## LONE FATHERS

**23,800**

males were lone parents in 2018



Source: CSO Women and Men in Ireland 2019, Table 4.3

### CASE STUDY

#### Engage

The Engage National Men's Health Training Programme was developed to assist practitioners to build effective relationships with males of all ages in order to address their health and wellbeing needs. Engage offers service providers a range of focused one day experiential and interactive workshops, that increase their understanding of the world of men, and help them to develop strategies for making realistic connections.

<https://engagetraining.ie>

## CARING RESPONSIBILITIES

In 2016:

**77,112**

males provided unpaid care. This represents 39% of people providing unpaid care.

**1,875**

males aged 0-14 provided unpaid care

**26%**

of male carers provided 29 hours or more of unpaid care each week

Source: CSO Women and Men in Ireland 2019, Table 2.14

# Education and Work



## EDUCATIONAL EXPERIENCE

### SCHOOL ATTENDANCE

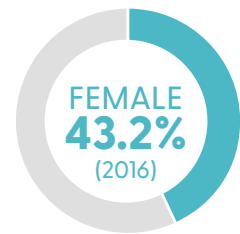
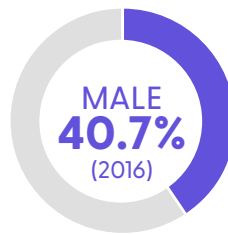


Females attended school for longer than males

**31.6%**

of males in 2016 had not attended school beyond lower secondary, compared with **26.2%** of females

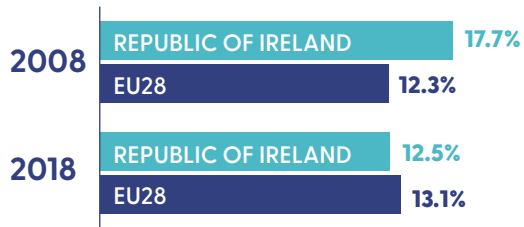
### THIRD LEVEL QUALIFICATION



Source: CSO Census of Population 2016 - Profile 10 Education, Skills and the Irish Language

**THERE HAS BEEN A FALL IN THE PROPORTION OF YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING**

### YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET): % OF 18-24 YR OLDS



Source: CSO Women and Men in Ireland 2019, Table 3.1

## EARNINGS (FULL-TIME & PART-TIME)

### MEDIAN ANNUAL INCOME (AGED 15+) 2018:



**€39,658**

**€32,264**

This means that half of all males earned below €39,658 and half earned above €39,658

Source: CSO Statbank Table NSA81

## HOURS WORKED



**52.8%**

of males worked at least 40 hours a week in 2018

**24.7%**

of females worked at least 40 hours a week in 2018

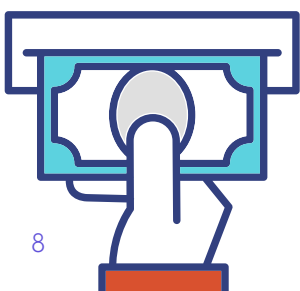
Source: CSO Women and Men in Ireland 2019, Table 5.8

### CASE STUDY

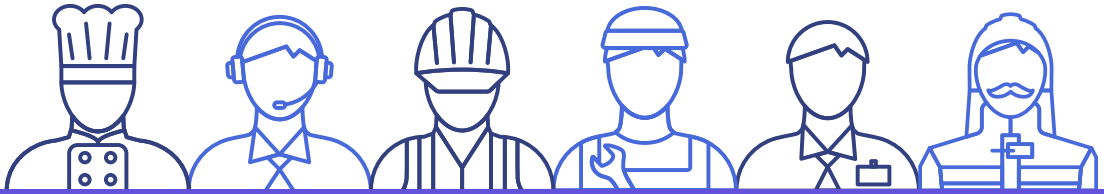
#### Sheds for Life

Sheds for Life is a community-based health promotion programme aimed at supporting local members of Irish Men's Sheds. The programme seeks to facilitate open and meaningful health-focused discussions, while encouraging men to adopt and maintain healthier lifestyle choices, and to increase their awareness in areas such as physical activity, healthy eating and mental wellbeing.

<https://menssheds.ie/sheds-for-life>







## EMPLOYMENT RATES


 THE MALE UNEMPLOYMENT RATE HAS FALLEN SINCE 2009

2009:  
**15.6%**

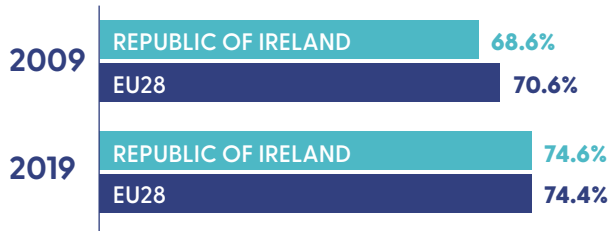


2019:  
**5.6%**

The COVID pandemic has had a huge impact on the economy. This means that future employment and unemployment figures will, most likely, be very different.

HOWEVER, IT IS LIKELY THAT COVID WILL HAVE A HUGE IMPACT ON MALE EMPLOYMENT 

### MALE EMPLOYMENT RATE (% OF 15-64 AGE GROUP)



Source: CSO Women and Men in Ireland 2019

## OCCUPATION GROUPS

2018	Number of males (000s)	% of workers who are male
Skilled trades	288.3	90.9
Process, plant and machine operatives	157.4	84.2
Managers, directors and senior officials	119.4	65.5
Other / not stated	5.9	59.0
Associate professional and technical	147.7	57.3
Elementary (mostly unskilled)	137.5	53.6
Professionals	224.4	46.6
Sales and customer service	69.7	37.8
Administrative and secretarial	51.9	22.4
Caring, leisure and other services	39.8	20.7
<b>TOTAL</b>	<b>1,242</b>	<b>54</b>

Source: CSO Women and Men in Ireland 2019, Table 5.6

## RISK OF POVERTY

**14.7%**

of males were at risk of poverty (after social transfers and pensions) in 2017



Source: CSO Women and Men in Ireland 2019, Table 6.1

# Health and Lifestyle



## GENERAL MEDICAL SERVICES SCHEME

**30%** of males had a medical card in 2018

Source: CSO Women and Men in Ireland 2019, Table 2.7

## GP VISITS

Average number of GP visits in previous 12 months (2019)

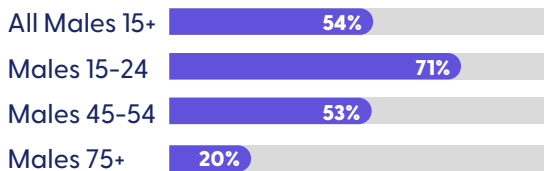
**Males aged 15+:** 3.5 visits

**Males aged 15-24:** 2.6 visits

**Males aged 75+:** 9.7 visits

Source: Healthy Ireland 2019

## Achieving National Physical Activity Guidelines (2019)



Source: Healthy Ireland 2019

## PROBLEM DRUG USE


**7,626** males were treated for problem drug use (2018)

Source: Health Research Board, National Drug Treatment Reporting System 2012-2018 Drug Data

## SMOKING

% of males who smoke

2007: **31%** → 2019: **19%**

  
THE NUMBER OF MALE SMOKERS HAS FALLEN SINCE 2007

Source: Healthy Ireland 2019

## SELF-REPORTED HEALTH

In 2019:

**85%** of males rated their health as good or very good

**94%** of males **aged 15-24** rated their health as good or very good

**60%** of males **aged 75+** rated their health as good or very good

Source: Healthy Ireland 2019

## WEIGHT



In 2019:

**42%** of males were overweight

**24%** of males were obese

Source: Healthy Ireland 2019

## SUN PROTECTION

**89%** of males report using a form of sun protection when in the sun for more than 30 minutes at a time

Source: Healthy Ireland 2019

## ALCOHOL

In 2018:

**78%** of men had drunk alcohol during the previous 12 months

**54%** of men who drank alcohol reported that they binge drink (six or more standard drinks) on a typical drinking occasion

Source: Healthy Ireland 2018

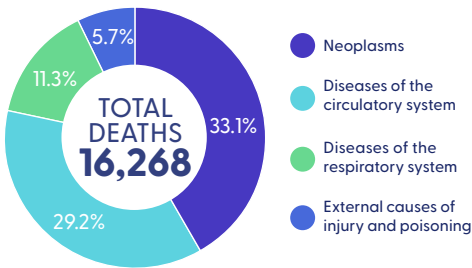


# Cause of Death

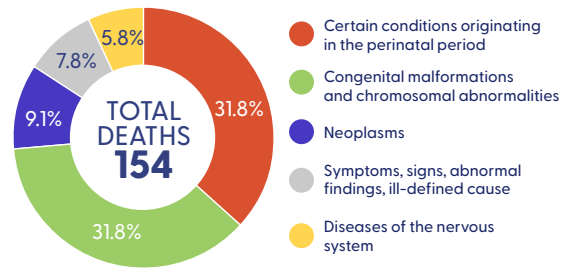


**CANCER IS NOW THE LEADING CAUSE OF DEATH FOR MALES**

## LEADING CAUSES OF DEATH FOR MEN IN IRELAND (2019)

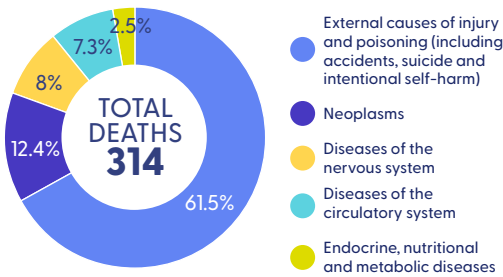


## LEADING CAUSES OF DEATH FOR 0-14 YEAR OLD MALES

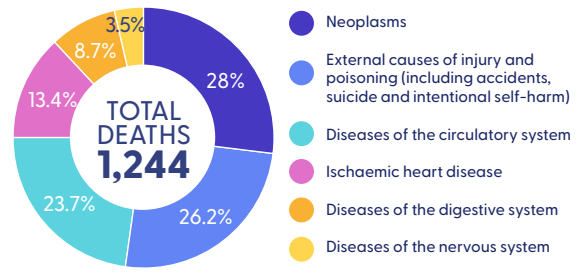


**EXTERNAL CAUSES OF INJURY AND POISONING (INCLUDING ACCIDENTS, SUICIDE AND INTENTIONAL SELF-HARM) IS THE LEADING CAUSE OF DEATH FOR 15-34 YEAR OLD MALES**

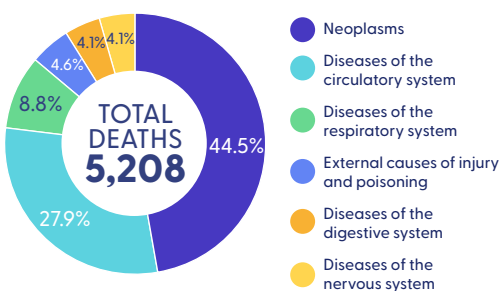
## LEADING CAUSES OF DEATH FOR 15-34 YEAR OLD MALES



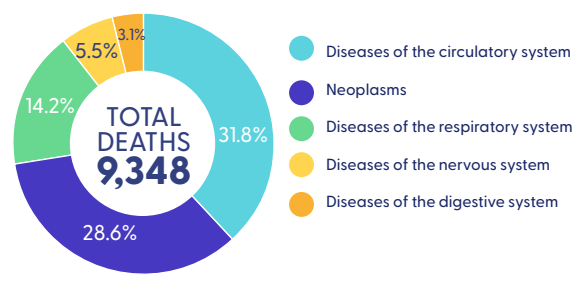
## LEADING CAUSES OF DEATH FOR 35-54 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 55-74 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 75+ YEAR OLD MALES

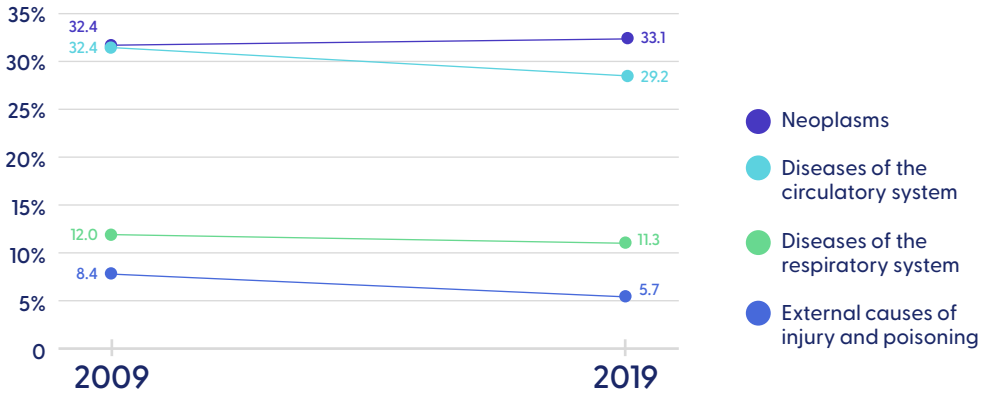


Source: CSO Vital Statistics series

**DISEASES OF THE CIRCULATORY SYSTEM IS THE LEADING CAUSE OF DEATH FOR MALES AGED 75+**

# 10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

## % OF ALL MALE DEATHS

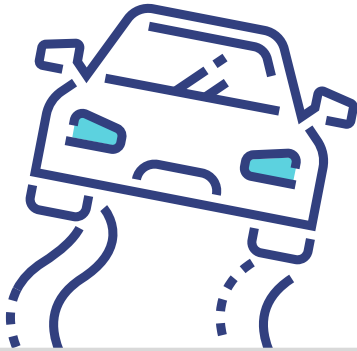


### CASE STUDY

#### Farmers Have Hearts Cardiovascular Health Programme

The Farmers Have Hearts Cardiovascular Health Programme is a health intervention which targets male Irish farmers. The programme consists of a baseline health check, a health behaviour change intervention, and a repeat health check at 52 weeks. The overall goal of this on-going programme is to assess its effectiveness in terms of farmers' follow-up use of health services, sustainable health behaviour change, and reduced CVD risk.

[www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php](http://www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php)



## ROAD FATALITIES

**111** male road fatalities in 2019

Source: CSO Women and Men in Ireland 2019, Table 1.7

## SUICIDE

OVERALL,  
THE NUMBER OF  
MALE SUICIDES  
IS FALLING

### MALE DEATHS BY SUICIDE

2012: **472** Highest rate was among 45-54 year olds (32.3 per 100,000)

2017: **310** Highest rate was among 25-34 year olds (20.3 per 100,000)

2018: **327** Highest rate was among 55-64 year olds (23.8 per 100,000)

Source: National Office for Suicide Prevention, Briefing on CSO Suicide Figures, 4 November 2020

### CASE STUDY

#### 'Challenges and Choices' Man Manual

The 'Challenges and Choices' Man Manual is a free booklet which highlights ten key men's health issues. It then: issues a realistic and practical challenge to improve the reader's health in each area of concern; provides a reason for why it is important to consider taking action; offers three possible choices for what actions can be taken; signposts the reader to local sources of help and support.

[www.mhfi.org/challenges2020.pdf](http://www.mhfi.org/challenges2020.pdf)



# MAJOR TRENDS: PROPORTION OF MALE DEATHS 2009-2019



## WORSE

Neoplasms (C00-D48)  
Mental and behavioural disorders (F00-F99)  
Diseases of the nervous system (G00-G99)  
Cancer of the rectum and anus  
Cancer of the liver



## SAME

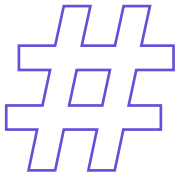
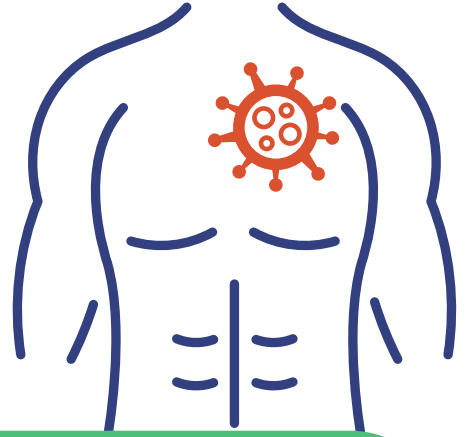
Infectious and parasitic diseases (A00-B99)  
Diseases of the blood and blood-forming organs, immunological disorders (D50-D89)  
Endocrine, nutritional and metabolic diseases (E00-E90)  
Diseases of the digestive system (K00-K93)  
Diseases of the skin and subcutaneous tissue (L00-L99)  
Diseases of the musculoskeletal system / connective tissue (M00-M99)  
Diseases of the genitourinary system (N00-N99)  
Certain conditions originating in the perinatal period (P00-P96)  
Congenital malformations and chromosomal abnormalities (Q00-Q99)  
Symptoms, signs, abnormal findings, ill-defined causes (R00-R99)  
Diseases of the eye and adnexa (H00-H59)  
Diseases of the ear and mastoid process (H60-H95)  
Cancer of oesophagus  
Cancer of the pancreas  
Cancer of the larynx, trachea, bronchus, lung  
Cancer of the skin  
Prostate cancer  
Homicide / assault  
Events of undetermined intent



## BETTER

Diseases of the circulatory system (I00-I99)  
Diseases of the respiratory system (J00-J99)  
External causes of injury and poisoning (V01-Y89)  
Cancer of the stomach  
Cancer of the colon  
Ischaemic heart disease  
Acute myocardial infarction  
Cerebrovascular disease  
Pneumonia  
Chronic lower respiratory disease  
Accidents  
Transport accidents  
Accidental poisoning  
Suicide and intentional self-harm

# Males and Cancer



**1** Cancer is the number one cause of male death in Ireland

**IRELAND HAS THE HIGHEST RATE OF DIAGNOSES OF PROSTATE CANCER IN THE EU**

**HOWEVER, THIS MAY REFLECT THE USE OF PSA SCREENING**

## CANCER RISK

In 2017/19, the risk of being diagnosed with:

- 1 in 3 Any invasive cancer (excluding non-melanoma skin cancer)
- 1 in 6 Non-melanoma skin cancer
- 1 in 8 Prostate cancer
- 1 in 21 Colorectal cancer
- 1 in 23 Lung cancer
- 1 in 62 Melanoma
- 1 in 70 Non-Hodgkin Lymphoma
- 1 in 74 Kidney cancer
- 1 in 139 Bladder cancer
- 1 in 148 Liver cancer
- 1 in 183 Testicular cancer
- 1 in 1,196 Breast cancer

**CASE STUDY**

**Ireland: World Leader in Male Health**

The Republic of Ireland was the first country in the world to adopt a National Men's Health Policy. This policy highlighted the broad range of health and wellbeing issues facing men, and outlined frameworks and strategies to address these needs. In 2017, this Policy was succeeded by the 'Healthy Ireland - Men' Action Plan. This cemented Ireland's reputation as a world-leader in addressing male health needs.

[www.mhfi.org/menshealthpolicy.pdf](http://www.mhfi.org/menshealthpolicy.pdf) | [www.mhfi.org/HI-M.pdf](http://www.mhfi.org/HI-M.pdf)

**CASE STUDY**

**Men's Health Week**

International Men's Health Week - held in June each year - offers an annual opportunity to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices / activities; and encourage the early detection and treatment of health difficulties in males. In 2020, 90+ organisations across the island of Ireland contributed to the Planning Group for the week.

[www.mhfi.org/mhw/about-mhw.html](http://www.mhfi.org/mhw/about-mhw.html)

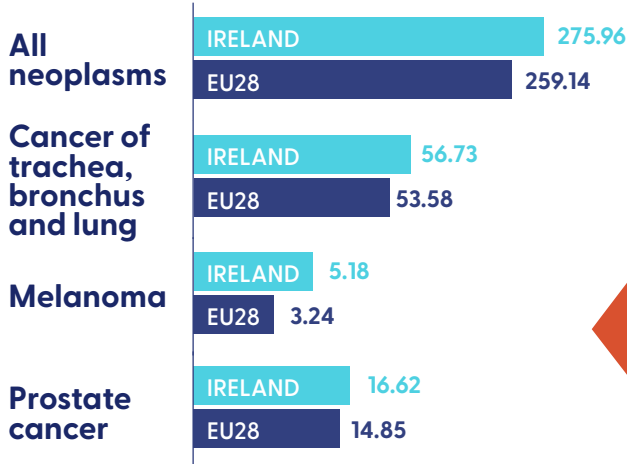
Cancer is the cause of **33.1%** of all male deaths

## CANCER DEATHS

**Number of Cancer Deaths (2019)**

Neoplasms	5,390
Larynx and trachea / bronchus / lung	1,183
Prostate	621
Lymph / haematopoietic tissue	491
Pancreas	298
Oesophagus	268

# AGE STANDARDISED DEATH RATES



THE AGE STANDARDISED DEATH RATES IN IRELAND FOR THESE ARE HIGHER THAN THE EU-28 AVERAGE



THE MORTALITY RATE FOR ALL INVASIVE CANCERS (EXCLUDING NMSC) HAS FALLEN AND THE SURVIVAL RATE HAS INCREASED



## SURVIVAL RATES

Age Standardised 5 Year Net Survival (all invasive cancers, excluding NMSC)

1994-1999: **39%**    2011-2015: **63%**

Source: National Cancer Registry Ireland

## PROSTATE CANCER

Average annual figures (2017-2019)

**3,665**  
diagnoses

Source: National Cancer Registry Ireland



**29%**  
of all invasive cancers (excluding NMSC)

## TESTICULAR CANCER

TESTICULAR CANCER IS THE MOST COMMONLY DIAGNOSED CANCER AMONG MALES AGED UNDER 45

Average annual figures (2017-2019)

**180** diagnoses    risk: **1 in 183**

THE MORTALITY RATE FOR TESTICULAR CANCER IS LOW, AND THE SURVIVAL RATE HAS INCREASED



Source: National Cancer Registry Ireland

## SKIN CANCER

THE INCIDENCE RATE FOR NON-MELANOMA SKIN CANCER HAS DOUBLED SINCE 1994

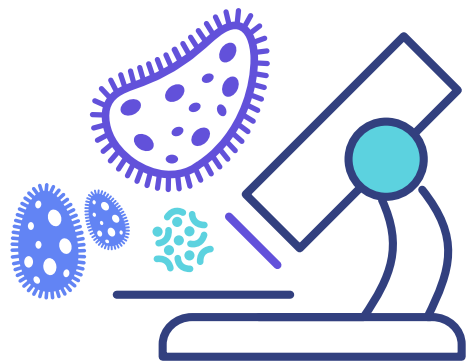
Non-Melanoma Skin Cancer (NMSC)

1994: **2,826** diagnoses    2017-2019: **6,621** diagnoses per year

HOWEVER, THE MORTALITY RATE FOR NMSC IS LOW

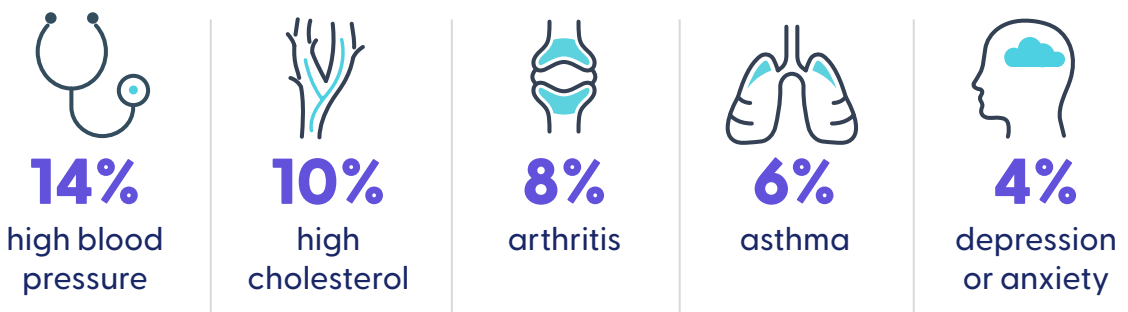


# Chronic Diseases

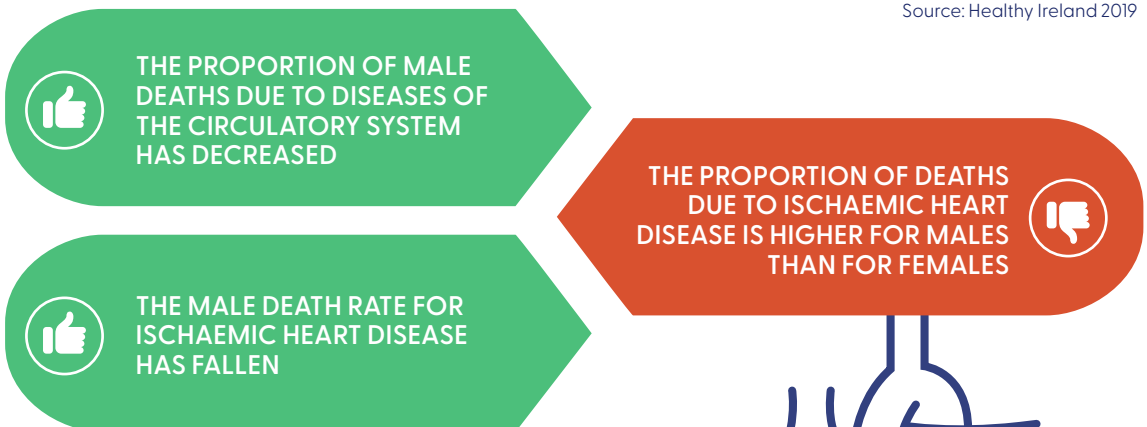


## HEALTH CONDITIONS

In 2019, the prevalence of health conditions among males in the previous 12 months was:

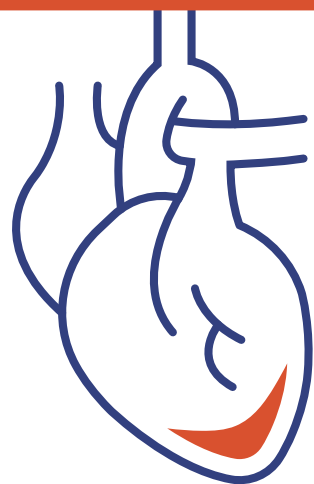


Source: Healthy Ireland 2019

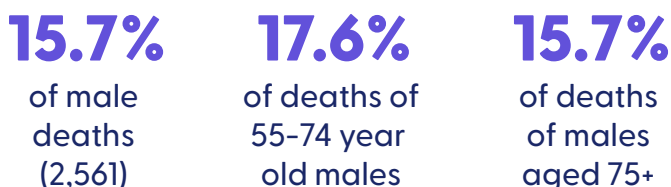


## ISCHAEMIC HEART DISEASE

**71%** of ischaemic heart disease cases were male in 2019



In 2019, ischaemic heart disease accounted for:



Standardised death rate 2016:



Source: CSO Vital Statistics series



## RESPIRATORY DISEASES



THE MALE DEATH RATE FOR RESPIRATORY DISEASES HAS FALLEN IN IRELAND



THE MALE DEATH RATE FOR RESPIRATORY DISEASES IS HIGHER THAN THE EU AVERAGE

In 2019, respiratory diseases accounted for:

**11.3%**

of male deaths  
(1,835)

**8.8%**

of deaths of  
55-74 year  
old males

**14.2%**

of deaths  
of males  
aged 75+

Standardised  
death rate 2016:



Source: CSO Vital Statistics series

## SEXUALLY TRANSMITTED INFECTIONS



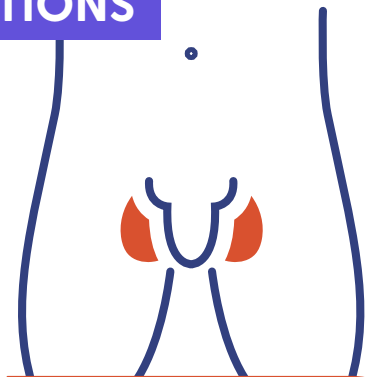
THE NUMBER OF MALES DIAGNOSED WITH GONORRHOEA HAS INCREASED

Males diagnosed with gonorrhoea

2010: **478**

2018: **709**

Source: Health Protection Surveillance Centre



THE NUMBER OF MALES DIAGNOSED WITH HIV HAS INCREASED

### CASE STUDY

#### Male Mental Health Research

The Men's Health Forum in Ireland (MHFI) coordinated two major pieces of action research into male mental health and suicide. The first of these targeted young adult men, and the second middle-aged men. Both sought to: establish the evidence base; explore key risk factors; identify models of effective practice; and implement strategies to improve the mental health and wellbeing of at risk and vulnerable groups within these age bands.

[www.mhfi.org/ymspfullreport.pdf](http://www.mhfi.org/ymspfullreport.pdf)  
[www.mhfi.org/MAMRMreport.pdf](http://www.mhfi.org/MAMRMreport.pdf)

Males diagnosed with HIV

2009: **258**

2018: **411**

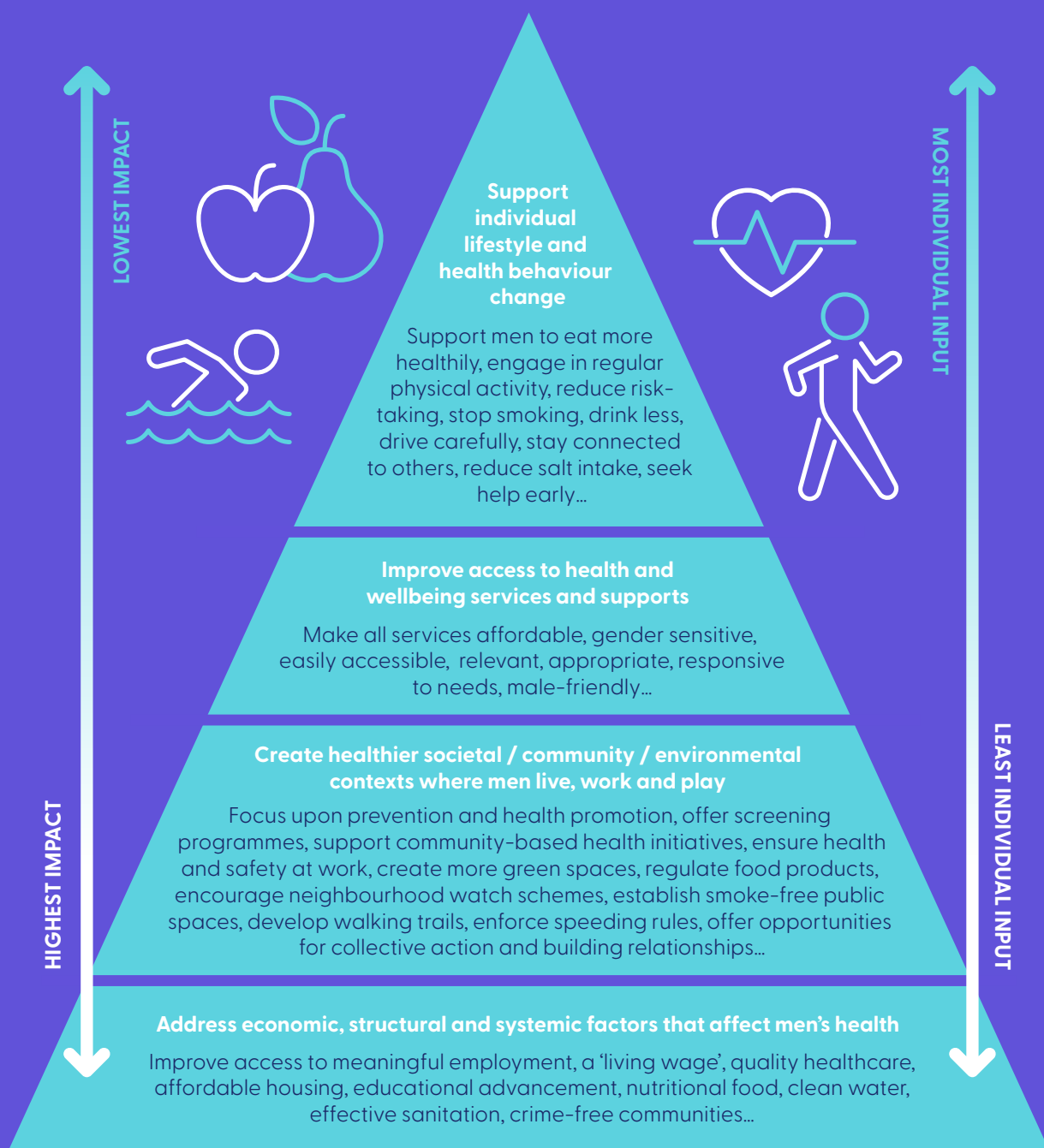
Source: Health Protection Surveillance Centre

# Health Impact Pyramid

## IMPROVING THE HEALTH OF MEN AND BOYS

Improving the health and wellbeing of men and boys in Ireland requires action at a number of different levels. Ireland was the first country in the world to adopt a National Men's Health Policy. This, and its successor, the Healthy Ireland Men Action Plan, offer a road map and framework for future development.

The diagram below describes some of the intervention levels and actions that need to be achieved. It draws upon the concept of a 'Health Impact Pyramid' which was proposed by Thomas Frieden [Frieden, T.R. (2010). A Framework for Public Health Action: The Health Impact Pyramid. American Journal of Public Health, 100(4), 590-595]



# Resources

## USEFUL SOURCES OF DATA AND FURTHER INFORMATION

If you would like to find out more about the world of men and boys in Ireland, you can visit:

Central Statistics Office  
[www.cso.ie](http://www.cso.ie)

Central Statistics Office, *Women and Men in Ireland 2019*  
[www.cso.ie/en/releasesandpublications/ep/p-wamii/womenandmeninireland2019](http://www.cso.ie/en/releasesandpublications/ep/p-wamii/womenandmeninireland2019)

Central Statistics Office, *Population and Migration Estimates*  
[www.cso.ie/en/releasesandpublications/er/pme/populationandmigrationestimatesapril2020](http://www.cso.ie/en/releasesandpublications/er/pme/populationandmigrationestimatesapril2020)

Department of Health, *Health in Ireland - Key Trends 2019*  
[www.mhfi.org/KeyTrends2019.pdf](http://www.mhfi.org/KeyTrends2019.pdf)

Department of Health, *Healthy Ireland Summary Report 2019*  
[www.mhfi.org/HIsummary2020.pdf](http://www.mhfi.org/HIsummary2020.pdf)

Department of Health and Children, *National Men's Health Policy, 2008-2013*  
[www.mhfi.org/menshealthpolicy.pdf](http://www.mhfi.org/menshealthpolicy.pdf)

Eurostat  
<https://ec.europa.eu/eurostat>

Health Protection Surveillance Centre  
[www.hpsc.ie](http://www.hpsc.ie)

Health Service Executive, *National Men's Health Action Plan: Healthy Ireland - Men, 2017-2021*  
[www.mhfi.org/HI-M.pdf](http://www.mhfi.org/HI-M.pdf)

Men's Health Forum in Ireland  
[www.mhfi.org](http://www.mhfi.org)

Men's Health Forum in Ireland, *Men's Health in Numbers - Trends on the Island of Ireland*  
[www.mhfi.org/MensHealthInNumbers1.pdf](http://www.mhfi.org/MensHealthInNumbers1.pdf)

National Cancer Registry Ireland  
[www.ncri.ie](http://www.ncri.ie)

National Office for Suicide Prevention, *Briefing on CSO Suicide Figures, 4 November 2020*  
[www.mhfi.org/NOSPnov2020.pdf](http://www.mhfi.org/NOSPnov2020.pdf)

### CASE STUDY

#### Men's Health Online

While the Internet offers an ideal platform for accessing information about men's health and wellbeing, there is also a real danger of stumbling upon 'fake news'. The Men's Health Forum in Ireland (MHFI) website and social media channels offer a trustworthy portal of up-to-date information, as well as signposting to reliable sources of help and support.

[www.mhfi.org](http://www.mhfi.org)  
[www.twitter.com/menshealthirl](https://twitter.com/menshealthirl)  
[www.facebook.com/MensHealthForumIreland](https://www.facebook.com/MensHealthForumIreland)  
[www.youtube.com/c/MensHealthForumIreland](https://www.youtube.com/c/MensHealthForumIreland)





**CITATION**

Devine, P. and Early, E. (2020), Men's Health in Numbers: Irish Men's Health Report Card 2020. Dublin: Men's Health Forum in Ireland.

This report is available online at: [www.mhfi.org/MensHealthInNumbers2.pdf](http://www.mhfi.org/MensHealthInNumbers2.pdf)

