THANKS AND ACKNOWLEDGEMENTS

The production of this report was only possible because of the generosity, goodwill, support, advice and practical assistance offered by a broad range of individuals and organisations.

The Men’s Health Forum in Ireland (MHFI) would like to give special mention to:

- Health Service Executive (HSE) Health and Wellbeing – for providing the funding to undertake this data gathering process.
- The research team / report authors – Dr Paula Devine and Dr Erin Early from ARK (www.ark.ac.uk) within Queen’s University Belfast (QUB).
- Prof Derek Griffith, from Vanderbilt University, USA, who generously shared his experience of developing the Tennessee Men’s Health Report Card with us. This was the inspiration behind our Men’s Health in Numbers publications.
- All of the people who contributed to the Advisory Group for this initiative:
  - Prof Kevin Balanda: (ex-) Institute of Public Health in Ireland
  - Colin Fowler: Men’s Health Forum in Ireland
  - Fergal Fox: HSE Health and Wellbeing
  - Dr Karen Galway: School of Nursing and Midwifery, QUB
  - Finian Murray: HSE Health and Wellbeing
  - Shane O’Donnell: Marie-Curie Early Stage Researcher
  - 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

CITATION


This report is available online at: 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). 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/Men’sHealthInNumbers1.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.

It is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

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.

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

Male health is not just an issue for individual men and boys. It can be determined and influenced by factors which are outside of their personal control.
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**

**AGE 70+**

2020: 9.2% (227,762)

2051: 18.8% (561,807)

**AGE 80+**

2020: 2.9% (70,330)

2051: 8.2% (244,297)

**AGE 90+**

2020: 0.4% (9,964)

2051: 1.8% (53,739)

Source: based on CSO Statbank PEA11, PEA22

**AREA OF RESIDENCE**

**2020**

<table>
<thead>
<tr>
<th>Region</th>
<th>000s</th>
<th>% of male population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dublin</td>
<td>694.8</td>
<td>28%</td>
</tr>
<tr>
<td>Mid-East</td>
<td>364.8</td>
<td>15%</td>
</tr>
<tr>
<td>South-West</td>
<td>355.2</td>
<td>14%</td>
</tr>
<tr>
<td>Mid-West</td>
<td>244.1</td>
<td>10%</td>
</tr>
<tr>
<td>West</td>
<td>232.9</td>
<td>9%</td>
</tr>
<tr>
<td>South-East</td>
<td>217.6</td>
<td>9%</td>
</tr>
<tr>
<td>Border</td>
<td>204.2</td>
<td>8%</td>
</tr>
<tr>
<td>Midland</td>
<td>152.0</td>
<td>6%</td>
</tr>
</tbody>
</table>

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
**Case Study**

**Population**

- TOTAL POPULATION AREA OF RESIDENCE (2020)
- LIFE EXPECTANCY
- DISABILITY
- HOMELESSNESS
- MIGRATION

**Source:** CSO Statbank Table PEA04

**POPULATION OF IRELAND IN 2020:**

- 4,977,433
- MALES: 2,465,571 (49.5%)

**Age Profile**

- **LIFE EXPECTANCY:**
  - **Males:**
    - 2007: 77.3
    - 2018: 80.5
  - **Females:**
    - 2007: 82.1
    - 2018: 84.1

**Healthy Life Expectancy**

- **Males:**
  - 2007: 62.9
  - 2018: 68.4
- **Females:**
  - 2007: 65.6
  - 2018: 70.4

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

- **Most Deprived Area**
  - Male: 79.4
  - Female: 83.2
- **Least Deprived Area**
  - Male: 84.4
  - Female: 87.7

**Source:** Eurostat Table TPS00208

**Disability**

- **13.2%** of males (311,580) had a disability in 2016

**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

**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.


**Source:** CSO Statbank Table EZ042
**Family and Relationships**

**MARITAL STATUS (2016)**

<table>
<thead>
<tr>
<th>Number</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married (first marriage)</td>
<td>860,005</td>
</tr>
<tr>
<td>Single</td>
<td>800,201</td>
</tr>
<tr>
<td>Separated</td>
<td>51,615</td>
</tr>
<tr>
<td>Widowed</td>
<td>47,610</td>
</tr>
<tr>
<td>Divorced</td>
<td>43,309</td>
</tr>
<tr>
<td>Re-married</td>
<td>34,583</td>
</tr>
<tr>
<td>Registered same-sex civil partnership</td>
<td>2,526</td>
</tr>
</tbody>
</table>

Source: CSO Statbank Table E2004

**LONE FATHERS**

23,800 males were lone parents in 2018

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

**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

**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
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.

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

Males earned more than females in 2018:

- 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 3.1

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://mensheds.ie/sheds-for-life
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.

**MALE EMPLOYMENT RATE (% OF 15–64 AGE GROUP)**

<table>
<thead>
<tr>
<th></th>
<th>REPUBLIC OF IRELAND</th>
<th>EU28</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>68.6%</td>
<td>70.6%</td>
</tr>
<tr>
<td>2019</td>
<td>74.6%</td>
<td>74.4%</td>
</tr>
</tbody>
</table>

Source: CSO Women and Men in Ireland 2019

**OCCUPATION GROUPS**

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

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

### 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

### Achieving National Physical Activity Guidelines (2019)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>% Achieving Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Males 15+</td>
<td>54%</td>
</tr>
<tr>
<td>Males 15-24</td>
<td>71%</td>
</tr>
<tr>
<td>Males 45-54</td>
<td>53%</td>
</tr>
<tr>
<td>Males 75+</td>
<td>20%</td>
</tr>
</tbody>
</table>
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

### 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

### Smoking

% of males who smoke
- 2007: 31%  
- 2019: 19%  
Source: Healthy Ireland 2019

The number of male smokers has fallen since 2007
**Cause of Death**

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

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

- **Total Deaths**: 16,268
- **Neoplasms**: 33.1%
- **Diseases of the circulatory system**: 29.2%
- **Diseases of the respiratory system**: 11.3%
- **External causes of injury and poisoning**: 5.7%

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

- **Total Deaths**: 154
- **Neoplasms**: 31.8%
- **Certain conditions originating in the perinatal period**: 31.8%
- **Congenital malformations and chromosomal abnormalities**: 7.8%
- **Neoplasms**: 9.1%

**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**

- **Total Deaths**: 314
- **External causes of injury and poisoning (including accidents, suicide and intentional self-harm)**: 61.5%
- **Neoplasms**: 12.4%
- **Diseases of the circulatory system**: 10.5%
- **Diseases of the nervous system**: 7.3%

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

- **Total Deaths**: 1,244
- **Neoplasms**: 28%
- **External causes of injury and poisoning (including accidents, suicide and intentional self-harm)**: 23.7%
- **Diseases of the circulatory system**: 13.4%
- **Ischaemic heart disease**: 8.7%

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

- **Total Deaths**: 5,208
- **Neoplasms**: 44.5%
- **Diseases of the circulatory system**: 27.9%
- **Diseases of the respiratory system**: 14.2%
- **Diseases of the nervous system**: 6.8%

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

- **Total Deaths**: 9,348
- **Diseases of the circulatory system**: 33.1%
- **Neoplasms**: 31.8%
- **Diseases of the respiratory system**: 28.6%
- **Diseases of the nervous system**: 14.2%
- **Diseases of the digestive system**: 5.5%

**Source:** CSO Vital Statistics series
10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

% OF ALL MALE DEATHS

- Neoplasms
- Diseases of the circulatory system
- Diseases of the respiratory system
- External causes of injury and poisoning

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.


ROAD FATALITIES

111 male road fatalities in 2019

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

SUICIDE

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.

**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

CANCER DEATHS

Number of Cancer Deaths (2019)

<table>
<thead>
<tr>
<th>Neoplasms</th>
<th>5,390</th>
</tr>
</thead>
<tbody>
<tr>
<td>Larynx and trachea / bronchus / lung</td>
<td>1,183</td>
</tr>
<tr>
<td>Prostate</td>
<td>621</td>
</tr>
<tr>
<td>Lymph / haematopoietic tissue</td>
<td>491</td>
</tr>
<tr>
<td>Pancreas</td>
<td>298</td>
</tr>
<tr>
<td>Oesophagus</td>
<td>268</td>
</tr>
</tbody>
</table>

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

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.


Cancer is the cause of 33.1% of all male deaths
CASE STUDY

Males and Cancer

AGE STANDARDISED DEATH RATES

<table>
<thead>
<tr>
<th>Category</th>
<th>Ireland 2017-19</th>
<th>EU28 2017-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>All neoplasms</td>
<td>275.96</td>
<td>259.14</td>
</tr>
<tr>
<td>Cancer of trachea, bronchus and lung</td>
<td>56.73</td>
<td>53.58</td>
</tr>
<tr>
<td>Melanoma</td>
<td>5.18</td>
<td>3.24</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>16.62</td>
<td>14.85</td>
</tr>
</tbody>
</table>

The age standardised death rates in Ireland for these are higher than the EU-28 average.

SURVIVAL RATES

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


Source: National Cancer Registry Ireland

PROSTATE CANCER

Average annual figures (2017-2019)

3,665 diagnoses

Source: National Cancer Registry Ireland

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.

Ireland has the highest rate of diagnoses of prostate cancer in the EU.

Cancer is the number one cause of male death in Ireland. Cancer is the cause of 33.1% of all male deaths.

However, this may reflect the use of PSA screening.

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

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
Chronic Diseases

**HEALTH CONDITIONS**

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

- **14%** high blood pressure
- **10%** high cholesterol
- **8%** arthritis
- **6%** asthma
- **4%** depression or anxiety

**ISCHAEMIC HEART DISEASE**

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

In 2019, ischaemic heart disease accounted for:

- **15.7%** of male deaths (2,561)
- **17.6%** of deaths of 55-74 year old males
- **15.7%** of deaths of males aged 75+

**Standardised death rate 2016:**

<table>
<thead>
<tr>
<th></th>
<th>IRELAND</th>
<th>EU28</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>200.08</td>
<td>161.76</td>
</tr>
</tbody>
</table>

Source: CSO Vital Statistics series

**THE PROPORTION OF DEATHS DUE TO ISCHAEMIC HEART DISEASE HAS DECREASED**

**THE PROPORTION OF DEATHS DUE TO ISCHAEMIC HEART DISEASE IS HIGHER FOR MALES THAN FOR FEMALES**

Source: Healthy Ireland 2019
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:

<table>
<thead>
<tr>
<th></th>
<th>Ireland</th>
<th>EU28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory Diseases</td>
<td>164.66</td>
<td>115.54</td>
</tr>
</tbody>
</table>

Source: CSO Vital Statistics series

---

**Men on the Move**

Men on the Move is a free, twelve week, community-based beginners’ physical activity programme for inactive adult men. It is delivered by Local Sport Partnerships in conjunction with the HSE and Sport Ireland, and creates an environment within which participants can connect with their surroundings and other men. It consists of structured group exercise, experiential workshops, resources and a final celebration event.

www.sportireland.ie/YPB/MOM

---

**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

---

**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
www.mhfi.org/MAMRMreport.pdf

---

**Males diagnosed with HIV**

2009: **258**
2018: **411**

Source: Health Protection Surveillance Centre
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).
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

Central Statistics Office, Women and Men in Ireland 2019

Central Statistics Office, Population and Migration Estimates
www.cso.ie/en/releasesandpublications/er/pme/populationandmigrationestimatesapril2020

Department of Health, Health in Ireland - Key Trends 2019

Department of Health, Healthy Ireland Summary Report 2019

Department of Health and Children, National Men's Health Policy, 2008-2013
www.mhfi.org/menshealthpolicy.pdf

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

Health Protection Surveillance Centre
www.hpsc.ie

Health Service Executive, National Men’s Health Action Plan: Healthy Ireland – Men, 2017-2021
www.mhfi.org/HI-M.pdf

Men’s Health Forum in Ireland
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

National Cancer Registry Ireland
www.ncri.ie

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

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
www.twitter.com/menshealthirl
www.facebook.com/MensHealthForumireland
www.youtube.com/c/MensHealthForuminIreland
CITATION

This report is available online at: www.mhfi.org/MensHealthInNumbers2.pdf