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  - Prof Kevin Balanda: Public Health Researcher
  - 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/MensHealthInNumbers3.pdf
Introduction

The Men’s Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, from both Northern Ireland and the Republic of 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 that provides a contemporary synopsis of key men’s health statistics in the Republic of Ireland.

In early 2021, with financial support from the Belfast Health and Social Care Trust Carers’ Support Service, work began on researching and producing a Northern Ireland version of the Report Card i.e. this document.

The amount of data available on the health of men and boys on the island of 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 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 and, no doubt, will have a long-lasting legacy. Thus, this Report Card only represents a snapshot taken at one particular period in time, and – if we were able to wait until 2022 – we might also be able to draw upon data from the 2021 Census in Northern Ireland.

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

Yet, excessive alcohol use remains high. Too many males are overweight. The number of males diagnosed with gonorrhoea has increased. Many boys under-achieve in education. The prevalence of autism is increasing. 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. The number of males diagnosed with HIV has declined. Healthy life expectancy for males has increased...

But Northern 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 on the island of 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 Healthy Ireland - Men Action Plan. However, to date, Northern Ireland hasn’t developed its own dedicated policy, strategy or action plan to improve men’s health and wellbeing.

We hope that these materials will be a practical resource for many organisations across the island of 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.

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 NORTHERN IRELAND IN 2019: 1,893,667**

**MALES: 932,717 (49.3%)**

**FEMALES: 960,950 (50.7%)**

**AREA OF RESIDENCE**

(2019)

**AGE PROFILE**

**MALES HAVE A YOUNGER AGE PROFILE THAN FEMALES**

<table>
<thead>
<tr>
<th>AGE RANGE</th>
<th>MALES</th>
<th>FEMALES</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-14</td>
<td>16-44</td>
<td>16-44</td>
</tr>
<tr>
<td>15-24</td>
<td>15-24</td>
<td>15-24</td>
</tr>
<tr>
<td>25-34</td>
<td>25-34</td>
<td>25-34</td>
</tr>
<tr>
<td>35-44</td>
<td>35-44</td>
<td>35-44</td>
</tr>
<tr>
<td>45-54</td>
<td>45-54</td>
<td>45-54</td>
</tr>
<tr>
<td>55-64</td>
<td>55-64</td>
<td>55-64</td>
</tr>
<tr>
<td>65-74</td>
<td>65-74</td>
<td>65-74</td>
</tr>
<tr>
<td>75-84</td>
<td>75-84</td>
<td>75-84</td>
</tr>
<tr>
<td>85+</td>
<td>85+</td>
<td>85+</td>
</tr>
</tbody>
</table>

**71,666 males (52%)**

**10,781 females (48%)**

Source: Registrar General Annual Report 2019

**AGEING: OLDER MALES**

**AGE 70+**

2018: 95,695 (10.3%)

2048: 174,962 (17.6%)

Source: NISRA Mid-Year Population Estimates 2019

**AGE 80+**

2018: 30,535 (3.3%)

2048: 79,452 (8.0%)

Source: NISRA Mid-Year Population Estimates 2019

**AGE 90+**

2018: 3,857 (0.4%)

2048: 14,058 (1.4%)

Source: NISRA 2018-based Population Projections

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

Source: NISRA Mid-Year Population Projections 2019

**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.

Population

- TOTAL POPULATION: 1,893,667 (2019)

- MALES: 932,717 (49.3%)

Age Profile

- LIFE EXPECTANCY AT BIRTH FOR MALES HAS INCREASED OVER TIME

<table>
<thead>
<tr>
<th>Year</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009-11</td>
<td>77.4</td>
<td>81.9</td>
</tr>
<tr>
<td>2017-19</td>
<td>78.8</td>
<td>82.6</td>
</tr>
</tbody>
</table>

2017-19 Life Expectancy at Birth by Area of Deprivation

- MOST DEPRIVED AREA
  - MALE: 74.7
  - FEMALE: 79.6

- LEAST DEPRIVED AREA
  - MALE: 81.6
  - FEMALE: 84.5

Healthy Life Expectancy

<table>
<thead>
<tr>
<th>Year</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-15</td>
<td>58.4</td>
<td>61.0</td>
</tr>
<tr>
<td>2017-19</td>
<td>59.2</td>
<td>61.0</td>
</tr>
</tbody>
</table>

Homelessness

- 5,635 single males presented as homeless in 2019-20

Source: NISRA Mid-Year Population Estimates 2019

Source: Life Expectancy in Northern Ireland 2017-19 (Department of Health)

Source: Northern Ireland Housing Statistics 2019-2020 (Department for Communities)
7,255 Marriages  
Average age of males: 35.4 years  
(Female: 33.4 years)  

2,357 Divorces  
5 male partnerships dissolved  
(7 female)  

46 Male civil partnerships  
Average age of males: 37.9 years  

57 Female civil partnerships  
Average age of females: 37.0 years  

5,639 males were lone parents in 2011  
(9% of all lone parent households)  

In 2018/19:  
10% of men had a caring responsibility  
4% of men aged 16-24  
17% of men aged 45-54  
9% of men aged 75+  

Source: Health Survey Northern Ireland  

On 31 March 2020:  
12,456 boys were known to Social Services as a child in need (9,958 girls)  
1,220 boys were on the Child Protection Register (1,078 girls)  
1,815 boys were in care (1,568 girls)  

Source: Children's Social Care Statistics for Northern Ireland 2019/20 (Department of Health)  

LONELINESS  
In 2019/20:  
20% of men showed signs of loneliness  
16% of men aged 75+  
24% of men aged 55-64  

Source: Health Survey Northern Ireland  

Engage  
The Engage 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. There is a team of Engage facilitators in the WHSCT area.  

www.mhfi.org/training.html  

Source: Registrar General Annual Report 2019  

Source: NISRA Census Table KS107NI  

Source: NISRA Census Table KS107NI  

Source: Children’s Social Care Statistics for Northern Ireland 2019/20 (Department of Health)
Education and Work

EDUCATIONAL EXPERIENCE

SCHOOL ATTENDANCE

55% of all 16-17 year old boys are studying A levels or equivalent in schools (72% of all girls)

THIRD LEVEL QUALIFICATION

40.4% of all students from Northern Ireland gaining a higher education qualification at a UK Higher Education Institute were male in 2018/19

Source: Qualifications Gained at UK Higher Education Institutions: Northern Ireland Analysis 2018/19 (Department for the Economy)

BEFORE COVID, THERE WAS A FALL IN THE PROPORTION OF YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET)

Source: Northern Ireland Labour Force Survey (NI), Office for National Statistics (UK)

EARNINGS (FULL-TIME)

MEDIAN FULL-TIME GROSS ANNUAL EARNINGS 2020:

£29,862 MALE EMPLOYEES
£26,149 FEMALE EMPLOYEES

This means that half of all males earned above £29,862 and half earned below £29,862

Source: Annual Survey of Hours and Earnings 2020

MEDIAN HOURLY EARNINGS (EXCL OVERTIME) FULL-TIME:

£12.82 MALES
£13.28 FEMALES

HOURS WORKED

87% of males worked full-time
57% of females worked full-time

Source: Annual Survey of Hours and Earnings 2020

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

Source: Women in Northern Ireland (NISRA)

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

Source: NOMIS, Annual Population Survey
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 IN NORTHERN IRELAND (% OF 16–64 AGE GROUP)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>70.1%</td>
</tr>
<tr>
<td>2019</td>
<td>75.8%</td>
</tr>
</tbody>
</table>

Source: Women in Northern Ireland (NISRA)

**OCCUPATION GROUPS**

<table>
<thead>
<tr>
<th>Occupation Group</th>
<th>Number of males (000s)</th>
<th>% of workers who are male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skilled trades occupations</td>
<td>97.6</td>
<td>92.9</td>
</tr>
<tr>
<td>Process, plant and machine operatives</td>
<td>52.6</td>
<td>89.8</td>
</tr>
<tr>
<td>Managers, directors and senior officials</td>
<td>44.7</td>
<td>63.1</td>
</tr>
<tr>
<td>Associate professional and technical occupations</td>
<td>55.6</td>
<td>57.1</td>
</tr>
<tr>
<td>Elementary occupations</td>
<td>43.9</td>
<td>54.1</td>
</tr>
<tr>
<td>Professional occupations</td>
<td>84.6</td>
<td>45.9</td>
</tr>
<tr>
<td>Sales and customer service occupations</td>
<td>33.9</td>
<td>39.1</td>
</tr>
<tr>
<td>Administrative and secretarial occupations</td>
<td>29.7</td>
<td>31.1</td>
</tr>
<tr>
<td>Caring, leisure and other service occupations</td>
<td>11.5</td>
<td>13.5</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>454.5</strong></td>
<td><strong>52.5</strong></td>
</tr>
</tbody>
</table>

Source: NOMIS; Annual Population Survey
Health and Lifestyle

SELF-REPORTED HEALTH

In 2019/20:
- 72% of males rated their health as good or very good
- 88% of males aged 16-24 rated their health as good or very good
- 50% of males aged 75+ rated their health as good or very good

LONG-TERM CONDITION

41% of males aged 16+ had physical or mental health conditions or illnesses lasting or expected to last 12 months or more in 2019/20

PHYSICAL ACTIVITY

61% of men met the physical activity recommendation of at least 150 minutes of physical exercise per week in 2016/17

NUTRITION

38% of men consumed 5 or more portions of fruit and vegetables per day in 2019/20

WEIGHT

In 2019/20, of males aged 16+

- 28% normal weight
- 43% overweight
- 26% obese
- 2% morbidly obese

Source: Health Survey Northern Ireland

In 2019/20, 5% of 2-15 year olds, 35% of 45-54 year olds and 38% of 65-74 year olds were obese
% of men who smoke cigarettes

2010/11: 25%
2019/20: 18%

THE NUMBER OF MALE SMOKERS HAS FALLEN SINCE 2010/11

7% of men use e-cigarettes

Source: Health Survey Northern Ireland

ALCOHOL AND DRUG USE

In 2019/20:
80% of men drank alcohol
26% of men drank above recommended weekly limits

In 2019:
4,470 males were treated for problem alcohol or drug use
66% of people being treated for problem alcohol and drug use were male

Source: Census of Drug and Alcohol Treatment Services in Northern Ireland: 30th April 2019

LIFE SATISFACTION

In 2018/19:
88% of men were very satisfied or satisfied with life
4% of men were dissatisfied or very dissatisfied with life

Source: Health Survey Northern Ireland

MENTAL HEALTH

A high score on the GHQ-12 scale indicates a possible mental health problem.

18% of men had a high GHQ-12 score in 2019/20

10% of men aged 65-74
26% of men aged 25-34

Source: Health Survey Northern Ireland
CAUSE OF DEATH

Average age at death in 2019:
MALES: 74.2 YEARS
FEMALES: 79.4 YEARS

CANCER IS NOW THE LEADING CAUSE OF DEATH FOR MALES

10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

- ROAD FATALITIES
- SUICIDE
- ALCOHOL RELATED DEATHS

CANCER IS NOW THE LEADING CAUSE OF DEATH FOR MALES

EXTERNAL CAUSES OF INJURY AND POISONING (INCLUDING ACCIDENTS, SUICIDE AND INTENTIONAL SELF-HARM) IS THE LEADING CAUSE OF DEATH FOR 15-54 YEAR OLD MALES

LEADING CAUSES OF DEATH FOR MEN IN N. IRELAND (2019)
- Malignant neoplasms
- Diseases of the circulatory system
- Respiratory diseases
- Accidents
- External causes of injury and poisoning

TOTAL DEATHS: 7,790

LEADING CAUSES OF DEATH FOR 0-14 YEAR OLD MALES
- Certain conditions originating in the perinatal period
- Congenital malformations and chromosomal abnormalities
- Malignant neoplasms
- External causes of injury and poisoning (including accidents, suicide and intentional self-harm)

TOTAL DEATHS: 125

LEADING CAUSES OF DEATH FOR 15-34 YEAR OLD MALES
- External causes of injury and poisoning (including accidents, suicide and intentional self-harm)
- Malignant neoplasms
- Diseases of the nervous system
- Diseases of the circulatory system

TOTAL DEATHS: 213

LEADING CAUSES OF DEATH FOR 35-54 YEAR OLD MALES
- External causes of injury and poisoning (including accidents, suicide and intentional self-harm)
- Malignant neoplasms
- Diseases of the circulatory system
- Diseases of the digestive system

TOTAL DEATHS: 617

LEADING CAUSES OF DEATH FOR 55-74 YEAR OLD MALES
- Malignant neoplasms
- Diseases of the circulatory system
- Diseases of the respiratory system
- External causes of injury and poisoning

TOTAL DEATHS: 2,307

LEADING CAUSES OF DEATH FOR 75+ YEAR OLD MALES
- Malignant neoplasms
- Diseases of the circulatory system
- Mental and behavioural disorders
- Diseases of the nervous system

TOTAL DEATHS: 4,576

CANCER IS THE LEADING CAUSE OF DEATH FOR MALES AGED 55+

Source: Registrar General Cause of Death Tables 2019
Source: NISRA Suicide Statistics
Source: Alcohol-Specific Deaths Registered in Northern Ireland (2019)

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.


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
### 10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

#### % OF ALL MALE DEATHS

<table>
<thead>
<tr>
<th>Year</th>
<th>Malignant neoplasms</th>
<th>Diseases of the circulatory system</th>
<th>Diseases of the respiratory system</th>
<th>External causes of injury and poisoning</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>31.0%</td>
<td>29.2%</td>
<td>12.0%</td>
<td>10.7%</td>
</tr>
<tr>
<td>2019</td>
<td>30.1%</td>
<td>24.6%</td>
<td>12.2%</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

Source: Registrar General Cause of Death Tables 2019

#### CASE STUDY

**Farmers Have Hearts Cardiovascular Health Programme**
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#### ROAD FATALITIES

37 males died in transport accidents in 2019

Source: Registrar General Cause of Death Tables 2019

#### SUICIDE

### MALE DEATHS BY SUICIDE

<table>
<thead>
<tr>
<th>Year</th>
<th>2009</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>205</td>
<td>157</td>
</tr>
</tbody>
</table>

The number of male suicides has fallen

In 2019:
- 72 of these were among men aged 35-54 years
- 56 were among men aged 15-34 years

Source: NISRA Suicide Statistics

#### ALCOHOL RELATED DEATHS

### MALE ALCOHOL-SPECIFIC DEATHS

<table>
<thead>
<tr>
<th>Year</th>
<th>2001</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>117</td>
<td>210</td>
</tr>
</tbody>
</table>

Almost two thirds of alcohol-specific deaths are male

Source: Alcohol-Specific Deaths Registered in Northern Ireland (2019)

#### 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.

# Males and Cancer

## Cancer is the number one cause of male death in Northern Ireland

**In 2014-2018, before the age of 85 the risk of a man developing:**

1 in 2 Any cancer (excluding NMSC)
1 in 4 Non-melanoma skin cancer
1 in 7 Prostate cancer
1 in 11 Lung cancer
1 in 12 Bowel cancer
1 in 17 Colon cancer
1 in 33 Rectal cancer
1 in 35 Head and neck cancer
1 in 40 Kidney cancer
1 in 45 Bladder cancer
1 in 46 Malignant melanoma
1 in 52 Oesophageal cancer
1 in 53 Pancreatic cancer
1 in 56 Stomach cancer
1 in 81 Liver cancer
1 in 83 Non-invasive brain cancer
1 in 96 Brain cancer
1 in 187 Testicular cancer
1 in 634 Breast cancer

Source: Northern Ireland Cancer Registry

## THE AGE STANDARDISED INCIDENCE RATE FOR MALES IS HIGHER THAN FOR FEMALES

**In 2018:**

- **Males:** 657.7
- **Females:** 554.7

Source: Northern Ireland Cancer Registry

## CANCER RISK

**In 2014-2018, before the age of 85 the risk of a man developing:**

### CASE STUDY

**BHSCT Carers’ Support Service**

BHSCT’s Carers’ Support Service provides information and support to all carers – including men. This ensures they know about their right to a carers’ assessment, how their needs can be assessed, and appropriate referral for support. Carers are encouraged to join a mailing list, so that relevant information can be sent to them. The service has a vibrant online programme of activities, including men-only cooking, gardening, guitar lessons, sketching and yoga. This keeps carers connected, gives them a much needed break from their role, and supports their emotional health.

https://belfasttrust.hscni.net/service/carers-services

### 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 2021, 90+ organisations across the island of Ireland contributed to the Planning Group for the week.

www.mhfi.org/mhw/about-mhw.html

### CASE STUDY

**CANCER IS THE CAUSE OF 30.1% OF ALL MALE DEATHS**

### Median age at diagnosis:

70

### Cancer deaths

#### Number of Cancer Deaths (2019)

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malignant Neoplasms</td>
<td>2,344</td>
</tr>
<tr>
<td>Bronchus and lung</td>
<td>541</td>
</tr>
<tr>
<td>Prostate</td>
<td>296</td>
</tr>
<tr>
<td>Oesophagus</td>
<td>137</td>
</tr>
<tr>
<td>Pancreas</td>
<td>126</td>
</tr>
<tr>
<td>Colon</td>
<td>117</td>
</tr>
<tr>
<td>Bladder</td>
<td>92</td>
</tr>
</tbody>
</table>

Source: Registrar General Cause of Death Tables 2019
MALE SURVIVAL RATES

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

1994-1998: 37%
2009-2013: 54%

PROSTATE CANCER

1994: 485 cases  Median age at diagnosis: 71
2018: 1,265 cases

LUNG CANCER

1994: 624 cases  Median age at diagnosis: 73
2018: 692 cases

TESTICULAR CANCER

1994: 46 cases  Median age at diagnosis: 36
2018: 70 cases

SKIN CANCER

Non-Melanoma Skin Cancer (NMSC)

1994: 1,005 cases
2018: 2,417 cases

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

THE MORTALITY RATE FOR MOST CANCERS IS HIGHEST IN THE MOST DEPRIVED AREAS

PROSTATE CANCER IN 2018: 26% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 12% OF ALL CANCER DEATHS

LUNG CANCER IN 2018: 14% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 24% OF CANCER DEATHS

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

THE INCIDENCE OF NON-MELANOMA SKIN CANCER HAS DOUBLED SINCE 1994

THE INCIDENCE RATE OF TESTICULAR CANCER IS HIGHEST IN THE LEAST DEPRIVED AREAS

HOWEVER, THE MORTALITY RATE FOR NMSC IS LOW

THE INCIDENCE RATE OF NMSC IS HIGHEST IN THE LEAST DEPRIVED AREAS

Source: Northern Ireland Cancer Registry
Chronic Diseases

- The proportion of male deaths due to diseases of the circulatory system has decreased.
- The male death rate for ischaemic heart disease has fallen.

**Ischaemic Heart Disease**

2009: **145** per 100,000
2019: **107** per 100,000

In 2019, ischaemic heart disease accounted for:

- **12.8%** of male deaths
- **14.5%** of deaths of 35–74 year old males
- **12.5%** of deaths of males aged 75+

Source: Registrar General Cause of Death Tables 2019

**Case Study**

**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](http://www.sportireland.ie/YPB/MOM)
In 2019, respiratory diseases accounted for:

- 12.2% of male deaths
- 10.7% of deaths of 55–74 year old males
- 14.7% of deaths of males aged 75+

Source: Registrar General Cause of Death Tables 2019

Autism prevalence rate for males

- 2008/09: 1.9%
- 2018/19: 5.1%

Autism prevalence rate for females

- 2008/09: 0.4%
- 2018/19: 1.5%

Source: The Prevalence of Autism (including Asperger Syndrome) in School Age Children in Northern Ireland 2019 (Department of Health)

Males diagnosed with gonorrhoea

- 2010: 172
- 2019: 755

Source: STI Surveillance Report in Northern Ireland 2020 (Public Health Agency)

Males diagnosed with HIV

- 2010: 68
- 2019: 37

Source: HIV Surveillance in Northern Ireland 2020 (Public Health Agency)

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)
Improving the health and wellbeing of men and boys on the island of Ireland and elsewhere requires action at a number of different levels.

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 Northern Ireland, you can visit:

ARK
https://www.ark.ac.uk

Belfast Health and Social Care Trust
https://belfasttrust.hscni.net

Department for Communities
https://www.communities-ni.gov.uk

Department of Education
https://www.education-ni.gov.uk

Department of Health
https://www.health-ni.gov.uk

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

Health Survey Northern Ireland

Men’s Health Forum in Ireland
https://www.mhfi.org

Men’s Health in Numbers - Trends on the Island of Ireland
https://mhfi.org/MensHealthInNumbersI.pdf

Northern Ireland Cancer Registry
https://www.qub.ac.uk/research-centres/nicr

Northern Ireland Life and Times Survey
https://www.ark.ac.uk/nilt

Northern Ireland Statistics and Research Agency (NISRA)
https://www.nisra.gov.uk

Office for National Statistics
https://www.ons.gov.uk

Public Health Agency
https://www.publichealth.hscni.net

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