

E-Male Matters

August 2011

The newsletter of the Men's Health Forum in Ireland

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News

Irish Heart Month - September 2011: Men's Heart Health

This September, the [Irish Heart Foundation's](#) Heart Month Campaign will focus on men. More men die from heart attacks and stroke than any other cause of death. As part of Heart Month, the Irish Heart Foundation will run a nationwide TV campaign which encourages men to know about the signs of a heart attack and to call 999 before it's too late. A resource for men - informing them of how they can make positive lifestyle changes and limit their risk of heart attack - will be widely available. The Irish Heart Foundation is asking you to support and promote this campaign by: ordering and displaying Heart Month materials (booklets, posters and leaflets); distributing Heart Month materials to men; including a piece on Heart Month on your organisation's website or newsletter; hosting an event for men (and friends and family). If you would like to order free promotional materials / find out more, contact Mairéad O'Callaghan at Tel: 01 668 5001 or Email: heartmonth@irishheart.ie

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Men's Health Week 2011 Poster Competition Results

During [Men's Health Week 2011](#), the [Men's Health Forum in Ireland](#) (MHFI), supported by the [Irish Cancer Society](#) (ICS), ran an island-wide poster competition. The poster featured the two main characters with 'thought bubbles' coming out of their heads. Entrants were invited to submit suggestions as to what the men in the poster might be thinking about during these 'challenging times' - especially in relation to their own health and well-being. There were a large amount of entries submitted from all across Ireland, and the judges have now picked the three which appealed to them most (visit www.mhfi.org/mens-health-week-2011.html#Competition to see these). The winners will each receive a pair of tickets for the

launch of the '[Movember](#)' celebrations in the Autumn. This includes travel to / overnight accommodation in Dublin, courtesy of the Irish Cancer Society.

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Your Prostate Website

The [European Men's Health Forum](#) (EMHF) is running a pioneering web-based service which allows men to ask questions about any aspect of prostate health, and to receive answers from a highly qualified health professional within 48 hours. This is all done anonymously and confidentially. The questions which are asked will enable EMHF to gather information on European men's experience of prostate problems, seeking support, diagnosis, treatment, and the response they have had from health service providers regarding these issues. This data will form the basis of a report to help health professionals / policy makers to deal with men's prostate-related healthcare. Visit www.yourprostate.eu for more details.

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Improving Men's Health in Northern Ireland

Did you know that: Men are more likely to die from coronary heart disease than women? Deaths from colorectal cancers are higher in men than women? Male life expectancy is around five years less than that for women? ... These are just a few of the issues facing men in Northern Ireland, contained in the [British Medical Association's](#) (BMA) new policy document titled "Improving Men's Health in Northern Ireland". This was launched on Friday 10th June 2011 to coincide with [Men's Health Week 2011](#), and calls for men to take greater ownership of their health, a cross-departmental holistic policy to improve men's health in Northern Ireland, and the development of healthcare services that promote better health outcomes for men. The document can be downloaded at:

www.bma.org.uk/ni/healthcare_policy/menshealthnorthernireland.jsp

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Resources for Traveller Men's Health

The Meath Primary Healthcare Project for Travellers and the Health Service Executive Dublin / North East Men's Health Development Officer are working together again this year to develop a series of health information sheets for males in the Traveller community. This builds on the launch, last year, of a leaflet titled "[Health Facts for Men](#)", and expands upon the information in that leaflet. The publications will cover a range of issues, and seek to encourage men to link with medical services, address any health concerns they may have, and maintain their health. This is an important piece of work for Traveller men, as the "All-Ireland Traveller Health Study - Summary of Findings 2010", shows that the gap in life expectancy between Traveller men and Settled men was 15.1 years in 2008. However, this gap was 10 years in 1987 and is, sadly, widening. The All-Ireland Traveller Health Study can be viewed online at: www.dohc.ie/publications/traveller_health_study.html

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Events

Young Men and Suicide Research - Stakeholder Meetings

The [Men's Health Forum in Ireland](#) (MHFI) is, currently, undertaking an action-research project into the high rate of suicide among boys and young men on the island of Ireland. The purpose of the research is to develop and share best practice on how to promote positive models of mental health and to prevent suicide in this target group. To date, an online questionnaire has been distributed and a literature review of effective practice has been

undertaken. This will be used to inform the design of two practical interventions in the near future. However, MHFI would like to explore some issues in more depth before moving on to the next phase of development. If you have an interest or experience in this area, you are invited to attend one of two Stakeholder Meetings. These will be held on Tuesday 9th August 2011 (Belfast, 11.00am - 1.30pm) and Wednesday 10th August (Dublin, 11.00am - 1.30pm). For more information, or to register your interest, please contact Colin Fowler at Email: colin@mhfi.org

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Working with Fathers Presentation Morning

Is your organisation interested in developing work with fathers? If so, then the [Parenting Forum NI](#) (within [Parents Advice Centre](#)) would like to invite you to a Presentation Morning which will showcase some of the learning arising from the "Kick Start 2011" project - a seven month package of training, support, networking, reflection and practical action for groups that are trying to, or wishing to, engage with fathers. The Kick Start 2011 trainees are now coming to the end of their time on the programme, and have organised an event to help others to: understand why we need increased engagement with fathers; get a sense of what Kick Start offers; hear about the practical experience of a number of trainees; meet Kick Start participants, and find out about the hands-on things involved in running an activity for fathers. This free event will take place on Thursday 15th September 2011 in Grosvenor House Conference Centre, Belfast. To download a booking form, please visit: www.parentsadvicecentre.org/projects/parentingforum/events.asp or contact Pauline on Email: pauline@pachelp.org / Tel: 028 9031 0891.

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Men - Neither Here Nor There

The Men's Policy Forum in [NICVA](#) is hosting an event in The Long Gallery, Parliament Buildings, Stormont, on the morning of Tuesday 27th September 2011. This event will bring together a diverse range of organisations from across Northern Ireland, and will provide an opportunity to make contacts, build relationships, and share ideas and current practice. This free event will also include lunch. Booking is essential. To express your interest in attending, contact Patricia Stewart in NICVA at Email: patricia.stewart@nicva.org

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Training

Are you a Bowel Cancer Survivor? Do you want to get active?

The [Irish Cancer Society](#) is, currently, recruiting both men and women who have had a bowel cancer diagnosis, are post treatment, and 12 months post surgery, to take part in a physical activity programme which will start in the Autumn. The programme will be based in Dublin, and will last for 15 weeks. There is compelling evidence to suggest that physical activity (of a minimum of 2-3 hours per week) after diagnosis and treatment can help reduce the risk of bowel cancer recurrence and can help to improve quality of life. To register your interest and get further information, Email: fitness@irishcancer.ie or call Eimear on Tel: 01 231 6624.

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Volunteering Opportunities with Citizens Advice MoneyActive Project

MoneyActive, developed by Citizens Advice (England and Wales) and funded by Nationwide Building Society, aims to train and support volunteers to carry out proactive financial education work in their local community. MoneyActive volunteers don't need to be financial experts - but do need to be confident enough to present information in simple ways that others will find easy to understand. MoneyActive volunteers will be delivering two hour information sessions on basic skills around budgeting, banking, credit, and saving to voluntary and community groups throughout Northern Ireland. Citizens Advice will support and prepare volunteers by providing free training, with specific input on how to be a trainer. MoneyActive volunteers need to be well organised, enthusiastic, and enjoy working as part of a team. These roles are not paid, but are eligible for travel expenses. Applications from males are particularly welcome. For further information, contact Nichola MacDougall, Project Coordinator, on Tel: 028 9026 2525 / Email: moneyactive@citizensadvice.co.uk

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Research

Tackling the Root Causes of Men's [III] Health in Northern Ireland

In recent years, there has been a growing awareness of, and concern about, the burden of ill health experienced by men. Despite an overall pattern of increasing life expectancy, men in Northern Ireland die, on average, over four and a half years younger than women do. An examination of standardised mortality rates, reveals that local men have higher death rates than women from all of the leading causes of death and at all ages. The high level of premature mortality amongst men in Northern Ireland has far-reaching repercussions; affecting not only industry and commerce, but also impacting upon the social and financial positions of families - through the loss of what is still, in many households, the primary income earner. Within this context, the [Men's Health Forum in Ireland](#) (as part of the [Man Matters](#) partnership) has researched and published a Policy Briefing Paper on men's health ("Men's Health in Northern Ireland: Tackling the Root Causes of Men's [III] Health", Policy Briefing Paper No 1). This was launched on Monday 13th June 2011 to inform [Men's Health Week 2011](#). Free PDF copies of this report are available online at: www.mhfi.org/manmattersbriefing1.pdf

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Tailoring Lifestyle Interventions for Obese Men

Made publicly available during [Men's Health Week 2011](#), this resource booklet summarises the key findings from an MA thesis conducted at the Centre for Men's Health in the [Institute of Technology Carlow](#). The study sought to establish best practice guidelines in tailoring lifestyle interventions for obese men in the Primary Care setting. The thesis was conducted between October 2008 and September 2010, and was carried out in partnership with the Community Nutrition and Dietitian Service (CNDS), Health Service Executive South, and a number of General Practices in the south-east area of Ireland. The booklet was produced by Majella McCarthy and Noel Richardson, and is available in Portable Document Format (PDF) at: www.mhfi.org/tacklingmaleobesity.pdf

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The Impact of Recession and Unemployment on Men's Health in Ireland

The economic recession, with its accompanying rise in unemployment rates, is linked to extremely adverse effects for men's mental health - according to new research from the [Institute of Public Health in Ireland](#) (IPH). On Monday 13th June (the start of [Men's Health Week](#)), the IPH launched a report titled "Facing the Challenge - The Impact of the Recession and Unemployment on Men's Health in Ireland". This identifies a strong expectation of increased mental health problems for men given the very strong correlation between unemployment and male mental ill health. The report is the result of a research and consultation process carried out in Northern Ireland and the Republic of Ireland by [Nexus Research Cooperative](#) on behalf of IPH. 93% of frontline organisations in contact with unemployed men linked health challenges to unemployment and recession, and all organisations surveyed noted adverse health challenges for the men they work with. In addition to health challenges being higher for unemployed men, they were also very high for men who saw themselves as being threatened with unemployment. Copies of the report are available as a PDF file at: www.mhfi.org/IPHreport2011.pdf

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"The State of Men's Health in Europe" Report

A European Union (EU) commissioned report, titled "The State of Men's Health in Europe", was launched in the European Parliament on Tuesday 14th June 2011. This report brings together the official epidemiological data from across Europe and across all major disease areas, from cancer and heart disease to mental health. The Report shows that every year twice as many men of working age (16-64 years) die as women, with some 630,000 male and 300,000 female deaths across the EU27 countries in this age group. If current projections are correct, there will be a reduction of nearly 24 million working age men across the EU by 2060. This report also shows that the statistics for men in Ireland are very alarming. A summary of the report findings can be accessed online at:

http://ec.europa.eu/health/publications/index_en.htm

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Men as Carers

Carers' Week fell during the same period as Men's Health Week 2011 (13th - 19th June). To kick-off this week, [ARK](#) (a joint initiative between Queen's University Belfast and the University of Ulster) launched a set of reports based on survey data which reflect the roles and experiences of carers in Northern Ireland. One of these publications focused upon "[Men as Carers](#)" (Men in Northern Ireland Report 7), and collated data from a range of surveys and official statistics to support [Men's Health Week 2011](#). All of the ARK publications are available for free downloading as PDF files at: www.ark.ac.uk/publications

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Update to the Gender Equality Strategy Statistical Indicators

At the end of June 2011, the Office of the First Minister and Deputy First Minister's Research Branch published an update of the Gender Equality Strategy Statistical Indicators. This document provides a range of gender statistics relating to areas such as education, employment, income, poverty, caring, health, transport, violence, crime, and decision-making roles in Northern Ireland. The purpose of the indicators is to provide an overview of changes to the relative position of men and women across a range of policy areas, and to facilitate an interim review of the Gender Equality Strategy by providing a broad contextual picture charting trends over time. This document is available online at:

www.ofmdfmi.gov.uk/index/equality/equalityresearch/research-publications/esn-pubs/publications_2011.htm

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Barriers to Recognising and Responding to Male Victims of Domestic Violence

Olawunmi Onafuwa, who is completing a Masters in Criminology in Dublin Institute of Technology, invites you to participate in an online research project which will look at the barriers to recognising and responding to male victims of domestic violence in Ireland - both North and South. This research is being supervised by Dr Kevin Lalor (Email: kevin.lalor@dit.ie / Tel: 01 4024163). Even though domestic, sexual, and gender-based violence have recently emerged as highly important topics both here in Ireland and in the international community, most often it has been framed, primarily, in relation to violence against women. There is still a paucity of research on male victims of domestic violence. The researcher will take all reasonable steps to protect each participant's privacy at all times, and all the information gathered will be used exclusively for the sole purpose of the research. The survey is available online at: <http://survey4men.com> For further information, contact Olawunmi on Tel: 087 7852636 or Email: olawunmio@gmail.com

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Web Links

Men's Issues on the Web ...

[Ten simple changes to improve a man's health and add years to his lifespan](#)

[Men and sex - new survey shares truths of male psyche](#)

[Weight at 18 linked to cancer in men decades later](#)

[The invisible domestic violence - against men](#)

[Married men faster at getting help for heart attacks](#)

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Next Edition

The next edition of E-Male Matters will be released in September 2011. Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in it? There's a simple template for all articles. Let us know (within 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images. Please email your information to: emalematters@mhfi.org The submission deadline for the September edition is Friday 26th August 2011.

"E-Male Matters" is also available online at: www.mhfi.org/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

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