

# Men's Health Tane Ora (What you need to know)

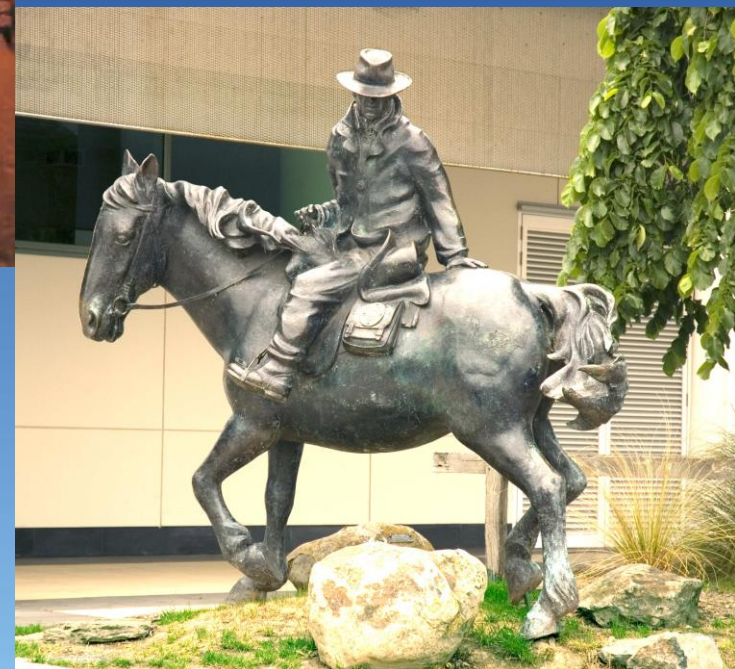
**Prof G David Baxter TD DPhil MBA**

# Defeating the Stereotype?



‘Staunch’  
...of strong or firm  
construction...

‘...well used to the solitude and conditions  
of open mountain or hill country, and  
completely out of his depth in the city.’





# National Identity and Manhood



# What is the problem?

In New Zealand men do not live as long as women

Many diseases are more common in men than women

Men do not enjoy the same good health as women

(So the same, e.g. need for: 'Gendered Epidemiology')

But different...

# Key Messages

50-75yrs, overall mortality rates for men > 30% higher

Suicide leading cause of death for young men (anti-depressants?)

Heart Disease & Cancer leading causes of death for men (~10-15 years diff)

Maori & Pacific Island Men: Disparities

Main cancers NOT prostate and testicular (colorectal cancer)

Trauma and injury (>300k)

**Modifiable Risk Factors**

# New Zealand (Specific) Problems: Health disparities

Maori men

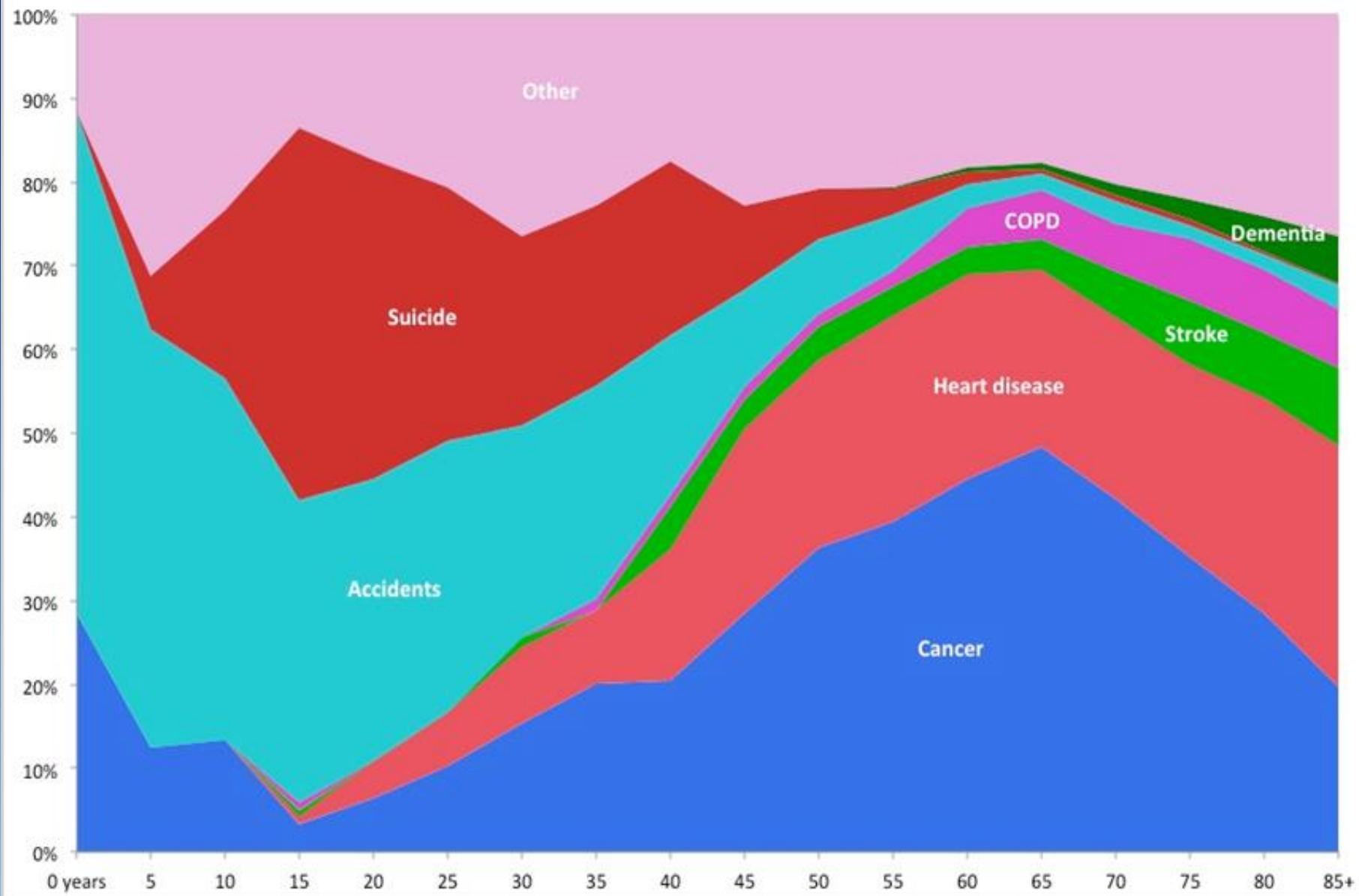
Pacific Peoples

Rural communities

(We follow international trends, but with challenges specific to New Zealand)



New Zealand men - causes of death





## Seven things you need to know about men's health

G David Baxter, Leon Mabire, Lizhou Liu, Martin J Connolly, Reremoana Theodore, Jill Brunson, Helen Nicholson

**M**en's health is a conundrum. In New Zealand, men have a lower life expectancy and health status than women, yet New Zealand is described as taking an 'ad-hoc' approach to men's health with no strategy or policies to address these health inequalities.<sup>1</sup> Men's health is any issue that impacts men's quality of life, and requires a gender-orientated response to improve men's health and wellbeing at an individual or population level.<sup>2</sup> The need for gendered healthcare is indisputable: a 2002 Ministry of Health paper reported that in addition to biological differences, much of gender health inequality is a product of social and cultural expectations.<sup>3</sup> What is the current status of men's health in New Zealand and where do opportunities exist for healthcare professionals to address health inequalities?

### 1. Men's health is about higher and earlier mortality

Between the ages of 50 and 75 years, the overall number of deaths for men is 30% higher than for women;<sup>4</sup> men die at an

earlier age than women.<sup>4</sup> While women's health is a useful comparison for men's health issues, men have different health needs: priorities in improving men's health (as a discipline) is to identify these needs and the extent to which men's health can be improved.

### 2. Heart disease and cancer are the leading causes of death for New Zealand men

The main causes of death for New Zealand men are presented in Figure 1. From the age of 40 years onwards, heart disease and cancer are increasingly common causes of mortality.<sup>4</sup> The prevalence of heart disease and some cancers can be attributed to men's adverse lifestyles, including excessive alcohol intake, lack of exercise and inappropriate diet.<sup>5</sup> Cancer does not discriminate between sexes in overall death rates between age groups. However, for heart disease, a larger number of deaths in women does not occur until the age of 85 years (Figure 2).



# Focus for action

- Optimal health for all males throughout the lifespan
- Promote health equity recognising specific health inequalities for Māori and Pacific Island males;
- Develop proactive strategies to develop preventative health for males
- Building and disseminating a strong evidence base on male health through research, knowledge exchange, and education, and using this to inform policies, programmes, and initiatives
- Promoting better access to healthcare for males, particularly for disadvantaged and at risk groups.



## Men's Health

703 Tweets

Following



**Men's Health** @nzmenshealth · Jul 22

📢 We are pleased to announce an upcoming Movie Event on [#menshealth](#) in [#Dunedin](#) @OtagoMuseum [#ageingwellforNZmen](#) on Sunday, 4 August. Kindly sponsored by @nzmenshealth @CARE @OtagoCHARR ALL ARE WELCOME ☀️ [#TheBucketList](#)



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### Ageing Well for New Zealand Men

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This event is designed to raise public and community awareness of some of the key issues surrounding men's health and particularly ageing well in men.

It comprises a movie screening 'The Bucket List', followed by a short chaired discussion panel from the University of Otago featuring Professor Yoram Barak, Dr John Sharp, and Professor David Baxter.

It will address men and ageing well, men's health, religiosity and ageing, and in terms of the Southern Man, challenge some enduring assumptions about men's interest and engagement in their health and wellbeing.

Date	Sunday, 4 August 2019
Time	1:30pm - 4:30pm



