

POSTGRADUATE



Men's Health and Ageing Well Challenges

Exploring older men perceive health and wellbeing

Hui Xiao | PhD candidate | School of Physiotherapy | Centre of Men's health | University of Otago

Why men's health

Gender inequalities

Do men have advantages compared to women?



- + employment opportunities
- + social resources
- + physical power



NZ National Identity and Manhood

Defeating the Stereotype?

Self-reliant

Control emotions

Avoiding expression pain

“I think we have to make the decision ourselves to make an improvement that personally I make the best advances when I make the personal decision to achieve something, not when someone else tells me to do it. If my wife's telling me to do this, that just doesn't work for me or my doctor or something but I've gotta make that decision myself, with a goal in mind and I find that very helpful for me. It's gotta come from within.”

Modern blokes need to 'harden-up', says veteran commentator Keith Quinn

Lee Kenny · 22:43, Nov 16 2020



When you're not working you don't feel like a man | Modern Masculinity - video



Six packs, success and solitude: men in the media | Modern Masculinity



What's the problem

Men's health issues



Life **expectancy**

In New Zealand **men do not live as long as women**

Major diseases
mortality

Many diseases are **more common in men** than women

Help-seeking
behaviours

Men are unwilling to **visit medical services**

**Men do not
realize it?**

A PubMed search from 2008 to 2020 number of references

for the term “women’s health” and “men’s health”.

Key word

MeSH terms was not included until 2008

“Men’s health”

1 in 8 men will be diagnosed with prostate cancer in their lifetime



3000

NZ men are diagnosed each year with prostate cancer

600

more than 600 men a year will die from prostate cancer

3,220

31,854

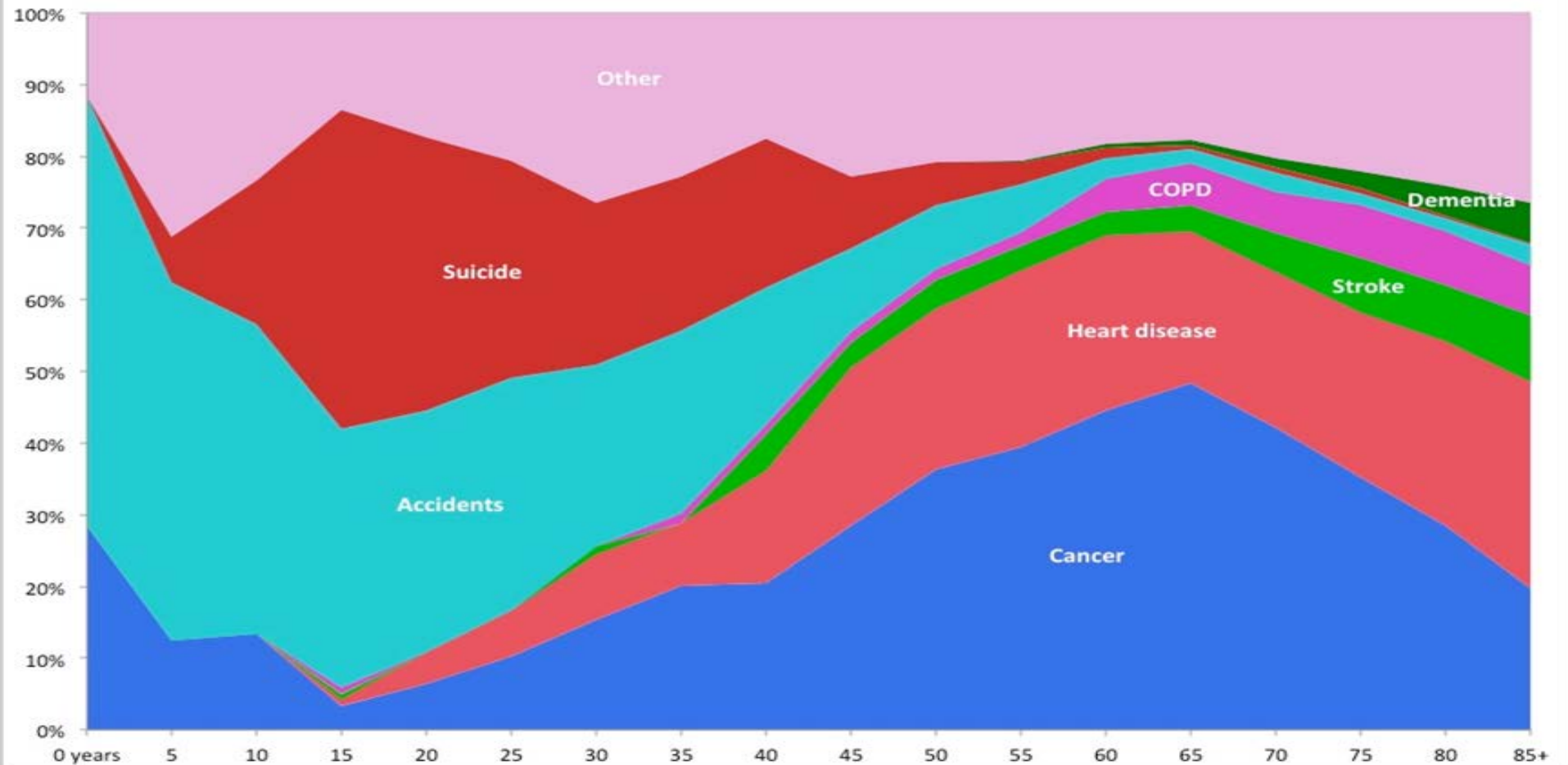
Key word

“Women’s health”

MeSH (Medical Subject Heading)
terms since 1991



New Zealand men - causes of death



COPD: Chronic obstructive pulmonary disease

Our Project

Qualitative phase



**Ageing well in men in
Otago and Southland**

Ageing well / healthy ageing

“as the process of developing and maintaining the functional ability that enables wellbeing in older age”

Key Domains of Ageing well

Physical capabilities

Mental wellbeing

Social well-being

Metabolic and physiological health

Cognitive function

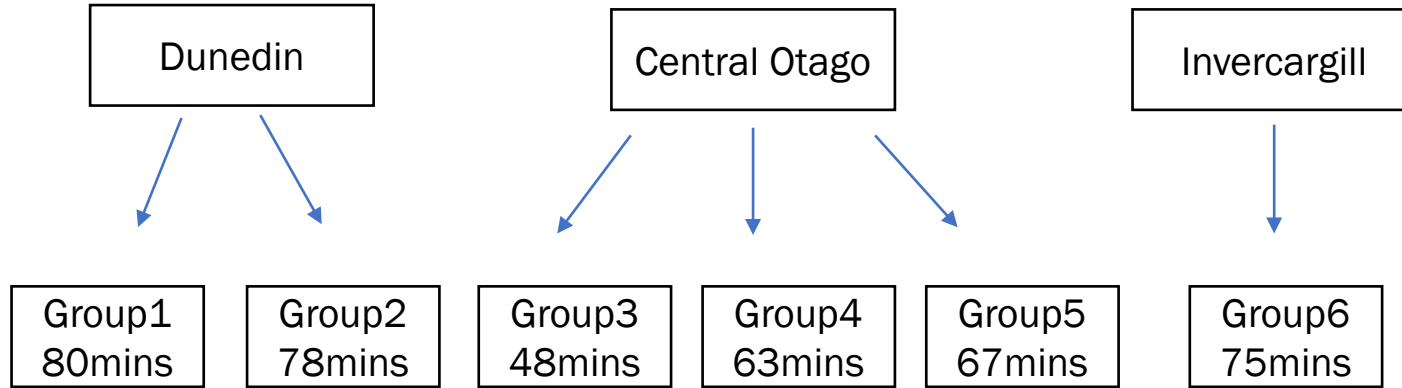


Study objectives

- 1) To explore the attitudes, opinions, and experiences of the health and wellbeing of men (≥ 45 years old), including across the different subgroups (age, location, and ethnicity) in Otago and Southland;
- 2) To indicate the key elements for developing the survey instruments of Phase II.

Study design

Focus groups – a interview for 3 to 8 participants



Inclusion criteria: 1) Male (age ≥ 45 years old); 2) Residing in Otago or Southland, NZ; 3) Able to communicate in English; 4) Able to provide written, informed consent to participate.



Focus group procedure

Open-ended question with 5 five principal questions.

- What does health and wellbeing mean for you?
- Do you think there is a difference for men compared to women, either in terms of what health means or how to maintain or view health?
- Do you find the medical or health centres are welcoming and friendly places to visit?
- About your lifestyle, what do you particularly do in terms of diet, exercise or physical activity, in terms of alcohol to look after your own health?
- What do you think is the biggest health risk at your age?

Data analysis

The thematic analysis.

The unstructured data was stored and organized by using NVIVO 12 software.

Stage 1: Familiarization with the data and identifying items of potential interest;

Stage 2: Generation of initial codes;

Stage 3: Construction of initial themes;

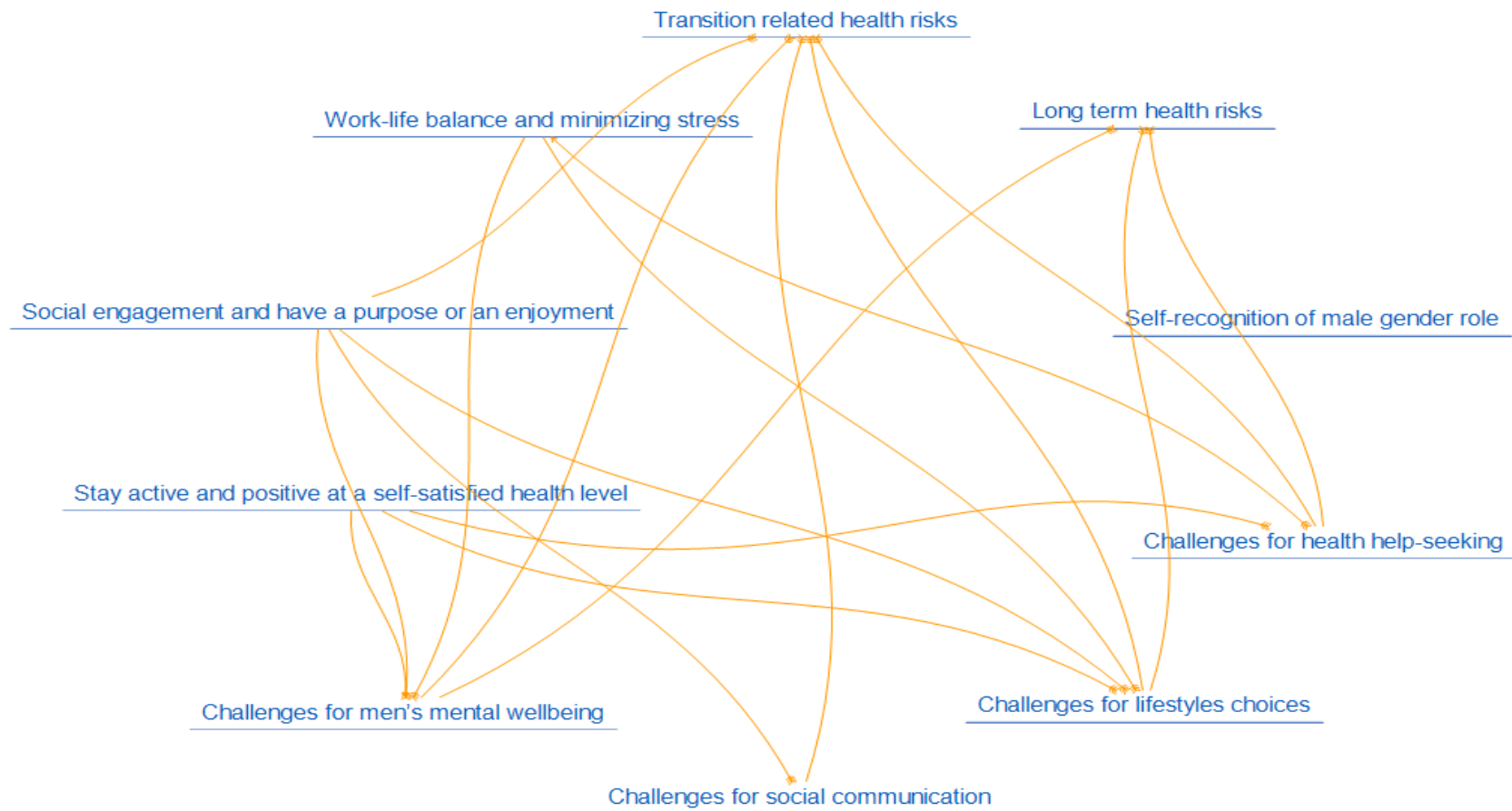
Stage 4: Review of initial themes;

Stage 5: Defining and naming themes;

Stage 6: Producing the report

Results and findings

Core themes	Men's understanding of health and wellbeing	Male gender role challenges	Ageing men in transition: self-reported health risks
Subthemes	<p>Work-life balance and minimizing stress</p> <p>Social engagement and have a purpose or an enjoyment</p> <p>Stay active and positive at a health level</p>	<p>Self-recognition of male gender role</p> <p>Challenges for health help-seeking</p> <p>Challenges for social communication</p> <p>Challenges for lifestyles choices</p> <p>Challenges for men's mental wellbeing</p>	<p>Transition related health risks</p> <p>Long term health risks</p>



1.1 Work-life balance and minimizing stress

“For me, I think there has to become a social harmony in my life so even if I’m physically healthy, I don’t feel well if there’s say tension at home or tension at work. I think that sort of can grind you down, if it this chronic stress lead to physical consequences then it’s gonna negatively influenced you and your family life as well. So it’s kind of getting that balance, getting everything lined up I think. ” (58, Group1, part-time worker, married)

1.2 Social engagement and purpose or enjoyment

“Yeah, I think, my experience through my retired life is that having grandkids then I drop/pick up them from school and take them to activities and whatever, you are so pre-occupied. That's sort of purpose at that stage and I enjoy it so much as there's also a lot more kind of engagement with other parents. I think you have to work a little harder to find other things to engage in rather than, you know, your diminishing circle of close friends” (77, Group5, retired, married)

1.3 Stay active and positive at a health level

"I get up in the morning thinking right, I can do this, I can go for a mountain bike, right I can work in my garden etc. I like active things and I guess principally that's being able to do the things I want to do." (71, Group5, retired, married)

"Well for me, I think it means that I can function at a level that I am happy with. I can get things done that I want to get done and it doesn't necessarily perfect health either visible or mental for me, it's just so as I can do the things I want to do. That usually makes me happy so for me that is what it is all about." (55, Group1, full-time work, married)



2.1 Self-recognition of male gender role

"I guess there was a time when men thought having a beer pot was kind of something desirable. It showed that you're a person who liked having a beer and socializing, just by the size of your beer pot (group laughter)." (60, Group1, full-time worker, married)

"Yeah I think just tying in with what men said there about drinking more is seen as more manly" (Shaking his head) (66, Group2, part-time work, married)

"Men more outdoors but women are indoors"

2.2 Challenges for health help seeking

"My attitude was just well I feel fine so what the hell do I have to go to a doctor for."

(62, Group2, full-time worker, married)

"I wouldn't go to the doctor. I would let small things niggle away at me." (75, Group5,

retired, married)

"I would ignore them, and my wife always says that she's an expert at nagging me to

go to the doctor and that is the difference." (60, Group2, full-time worker, married)



2.3 Challenges for social communication

“You know, women talk about marriages could be ending, family members could be terminally ill but it was still high tea and just chatter and natter away and then there was a large focus where they were focusing or starting to pay attention to things like their own internal health and that sort of thing and then the focus on are you ok. They (women) were starting to talk about their mental issues and the stress they were going through with marriages and all that sort of thing and we now seem to be sort of going down that similar path where for a long time, it’s just been chur bro, all good. You know, how are you? Has been a greeting rather than it’s an actual question for men.” (51, Group1, full-time work, single)



2.4 Challenges for lifestyles choices

Balanced diet / Family cooking / 5 a day

Aware of the importance of physical activities although the intensity of physical activities decreases with ageing and mental motivation.

“Depends on the weather a bit. Like these cold nights, there’s nothing better than a whisky, you know, whisky and fire a lovely whisky and it’s nice and cold outside and raining and that’s fantastic.”

“Everywhere you go, it basically revolves around alcohol, I think the corporation’s got a lot to answer for really in terms of promoting it but you know, it’s a choice thing, isn’t it? I think society is driven by, or lubricated by it, isn’t it?”

Male gender role challenges

2.5 Challenges for men's mental wellbeing

"I was visiting my old mate, he's in a home now and for this first time, he was in a lounge, the weather's getting better and all the other old people saw us talking and they came over and wanted to talk to us too. They had nobody and one old man said to me 'I go down the passage and I put my head into the rooms and say hello' but nobody will talk to him. Yeah and I said 'well you keep doing that', I said 'one day they will' but they came around because I and the person I was visiting were talking and the rest of them were just sitting there, even in a home they were lonely." (91, Group4, retired, widowed)



3. Self-reported health risks

The older group (over 70) - Transaction risks

- retirement - loss of the sense of being valued
- breakdown of the relationships - loss of social and emotional support

The younger groups (45-70) - Long term health risks

- fear of unknown diseases - lower acceptance and tolerance
- external environmental changes - unpredictable changes
- internal personal feelings - loss of health awareness and motivations.

What's next?



Cross-sectional men's health survey (n=1500)

To verified the FG results and identify the health risk potential factors

To establish the statistical predicted model

To inform the development of community-based interventions to support men's ageing well

Thanks for your attention

Acknowledgements

Professor David Baxter,

Professor Alan White,

Dr Fiona Doolan-Noble,

Dr Lizhou Liu

