

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

**Prof G David Baxter TD DPhil MBA**

# Defeating the Stereotype?



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

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





# 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

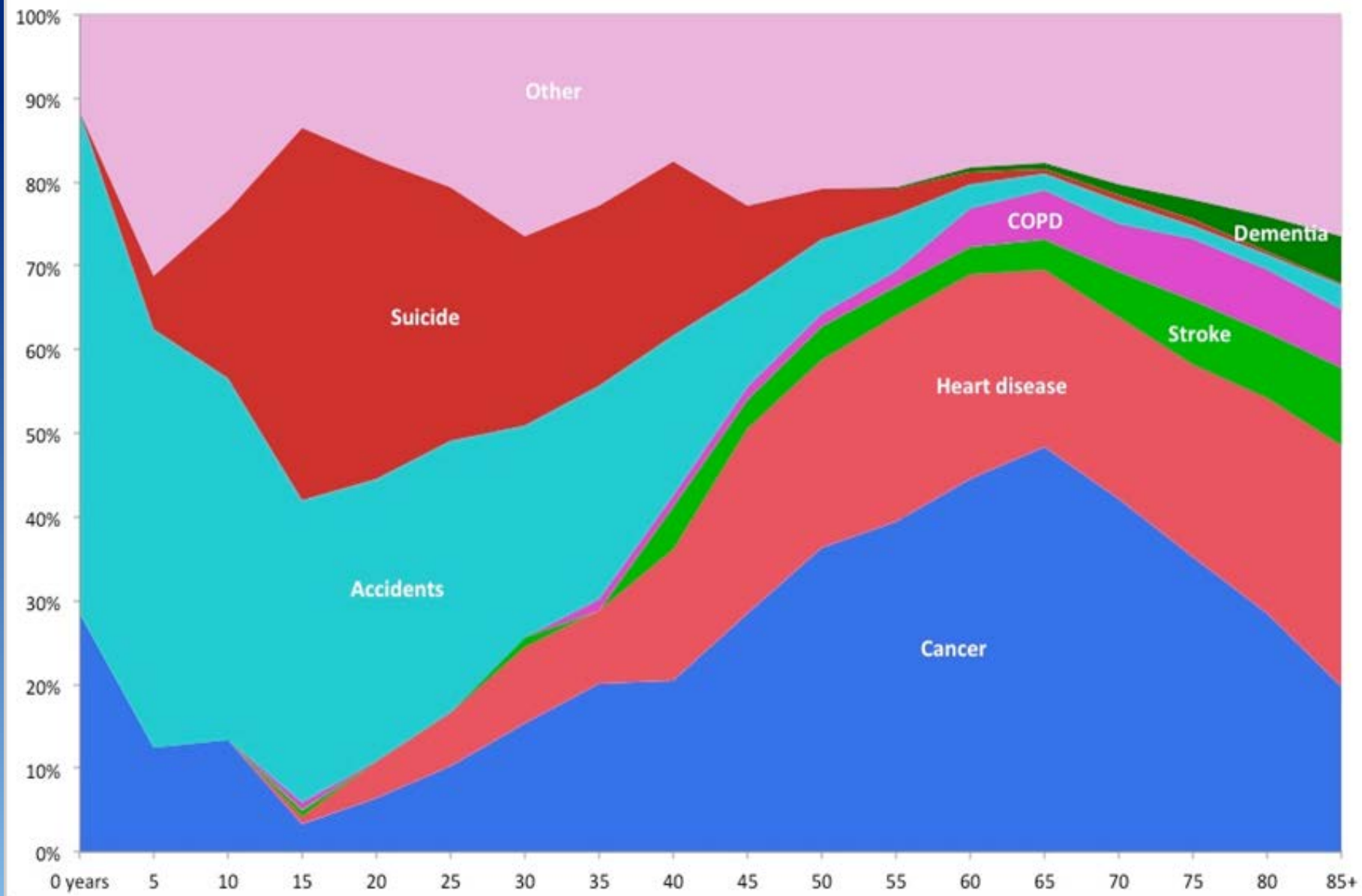
Maori men

Pacific Peoples

Rural communities

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

New Zealand men - causes of death





# Addressing the Issues?

## Government/Policy

Ministry of Health

Accident Compensation Corporation

Ministry of Business Innovation & Employment

## Research

Not a funding priority for research

‘Men’s Health’ is invisible in research terms  
*(but high levels of interest and goodwill)*

**It is currently not anyone’s PROBLEM**



This review concludes that there are unresolved issues around men's health.. Factors other than biological difference have a significant effect on men's health, particularly those imposed by society's norms for the male role. Health services appear to be slow in addressing these issues and few change models have been shown to be successful. This highlights the need for further research in several areas to provide a foundation for effective men's health work.

# THE NEW ZEALAND MEDICAL JOURNAL

Journal of the New Zealand Medical Association



## Men's health and the health of the nation

Lannes Johnson, Peter Huggard, Felicity Goodyear-Smith

### Abstract

The health of the male population is a substantial contributor to the health of the nation. In general, men have a poorer health status and lower utilisation of health services than women. They have a lower life expectancy and are more likely to die from avoidable deaths than women. Men's health is increasingly being recognised as a specialty area of health promotion and of clinical practice. Male-specific approaches may assist in maximising the positive outcome of interventions aimed at educating men about their health issues, attracting men into seeking clinical services, and establishing and maintaining a gender-orientation in health services that encourages men to engage. With appropriate training and resources, primary health care is ideally placed to provide accessible, male-friendly services with lead to reduction in gender



Te Whare Wānanga o Ōtago  
NEW ZEALAND

# Johnson et al 2008: key recommendations

The Ministry of Health develops a men's health policy for New Zealand

There is a five year programme focussed on improving men's health awareness and appropriate access to health services

Primary care is supported to undertake systematic guideline-based screening of men for selected conditions in association with awareness programmes



**De Silva Tatly & Nicholson 2013**  
**Commissioned by:**  
**Men's Health Trust New Zealand**



DRAFT

## New Zealand Men's Health

Dr Fernanda da Silva Tatley & Professor Helen D Nicholson  
University of Otago, Dunedin, 2013



# Da Silva Tatley & Nicholsons (2013): Recommendations

Further research into men's health issues in NZ

Development of a national men's health policy

A coordinated approach to providing information for men

Training programmes for all health professionals

That a National Centre for Men's Health be established...

# 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).



# The Opportunity?

...healthcare professionals to screen for lifestyle behaviours and promote the healthier lifestyle that would help New Zealand men to live longer, healthier lives.

In order to address health inequities...  
Policies that change environments in ways that reduce damaging social determinants of health may be far more effective.

# Funding?

Men's Health **NOT** strategic priority  
(cf Women's Health)

Lottery Health  
Health Research Council

Health Research Council allocated  
<1% of its budget to the area 2010-  
2015 (2016 data are incomplete)

Summary HRC Aggregated Gender Data Grant Funding by Year 2010-2016					
			Projects	Total Grants	% Parent Row
HRC	2016	Female	12	\$1,392,983	17.4%
		Neutral	66	\$6,617,014	82.6%
		2016 Total	78	\$8,009,997	1.5%
	2015	Female	14	\$3,334,510	4.6%
		Male	5	\$374,968	0.5%
		Neutral	110	\$69,215,523	94.9%
	2015 Total		129	\$72,925,001	13.8%
	2014	Female	8	\$8,946,652	7.6%
		Male	2	\$508,570	0.4%
		Neutral	138	\$108,746,088	92.0%
	2014 Total		148	\$118,201,310	22.4%
	2013	Female	9	\$4,937,679	6.5%
		Neutral	117	\$71,108,634	93.5%
		2013 Total		126	\$76,046,313
	2012	Female	11	\$7,714,522	10.5%
		Male	1	\$335,538	0.5%
		Neutral	106	\$65,332,401	89.0%
	2012 Total		118	\$73,382,461	13.9%
	2011	Female	8	\$3,609,043	3.7%
		Male	2	\$1,046,731	1.1%
		Neutral	102	\$91,687,022	95.2%
	2011 Total		112	\$96,342,796	18.3%
	2010	Female	11	\$5,351,715	6.6%
		Male	2	\$1,591,682	1.9%
		Neutral	92	\$74,720,537	91.5%
	2010 Total		105	\$81,663,934	15.5%
HRC Total			816	\$526,571,812	100.0%
Grand Total			816	\$526,571,812	100.0%

# International Initiatives

Centre for Men's Health Leeds Beckett, UK\*

Men's Health Forum, UK\*

UBC/Men's Health Initiative of British Columbia

Freemasons' Foundation Centre for Men's Health,  
University of Adelaide\*

National Centre for Men's Health, Ireland\*



# A National Centre for Men's Health

Inaugural Researchers' Meeting

Auckland, New Zealand

13<sup>th</sup> November 2015





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## Men's Health

@nzmenshealth

We're interested in improving the health and wellbeing of New Zealand men.

Joined August 2015

Tweets Tweets & replies Media

**Men's Health** @nzmenshealth · 1h  
#LaunchConference on #MensHealth ALL READY. Look forward to tomorrow 😊  
Look forward to meeting you there! 😊 #NZMensHealthCentre



1 2

**Men's Health** @nzmenshealth · Nov 20  
#MensHealth #LaunchConference kicks out @10am 23 Nov (NZ time). Available for e-attending: Join from PC, Mac, iOS or Android: [otago.zoom.us/j/951917522](https://otago.zoom.us/j/951917522)  
Look forward to seeing you there 😊

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## Worldwide trends

#امطار\_الرياض  
29.1K Tweets

#FelizMiércoles  
6.323 Tweets

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MANA TĀNE ORA  
O AOTEAROA



# 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.

