

## INTRODUCTION

I'm here to talk with you about men's health. You've probably heard it said that men don't talk about their health. In our experience men are really interested in our health.

We all want to know facts about our health and our bodies. What we don't generally want is someone telling us what we can and can't do.

So today, I'm not going to tell you what to do, I'm just going to give you some facts about men's health.

In my experience we all want to be healthy for different reasons. You may want to be fit so you can keep working and providing for you family; maybe you want to live as long as possible and a great retirement; you may want a better sex life; to be a better partner or husband; to be better at sport or to challenge yourself physically.

Whatever your personal reason for wanting to be fit, strong healthy, I want to keep that reason in mind you to as we go through these facts.

But first a health warning...I'm not a doctor, so you have any concerns or questions or doubts about your physical or mental health as a result of the facts I share today, please talk with expert or someone you trust.

## INDEX SLIDE

So I'm going to share 15 "man facts" with you today:

- 5 FACTS ABOUT MEN'S HEALTH
- 5 THINGS YOU ALREADY KNOW NOT TO DO
- 5 THINGS YOU REALLY WANT TO DO

## FACT 1 MEN DIE 6 YEARS YOUNGER THAN WOMEN

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Fact number 1, men in Australia die 6 years younger than women on average.</p> <p><b>NB: this is in the quiz at the end</b></p>	<p>The average age of death in Australia is 79 for men and 85 for women.</p> <p>So men have 6 less years of retirement to enjoy on average!</p>	<p>Now I'm going to tell you what the two biggest killers of men are, but before I do who knows or wants to have a guess? Shout out.....</p> <p><b>Answer - heart disease &amp; cancer</b></p>

## FACT 2 4 IN 5 HEART DEATHS UNDER 65 ARE MEN

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Fact number 2, heart disease is the number 1 killer of men and women in Australia.</p> <p>4 in 5 people who die of heart disease before the age of 65 are men.</p>	<p>More facts about heart disease:</p> <p>It kills 50 people a day</p> <p>Men aged 45-54 are nearly 5 times more likely to die from heart disease than women</p> <p>The risk of heart disease increases with age</p>	<p>Who knows or wants to guess how much it costs to get a heart health check from you GP?</p> <p>(Answer it costs around \$85 but since April 2019 if you're 45 and over you can get a heart health check funded by Medicare)</p>

## FACT 3 1 IN 3 MEN DIE OF CANCER

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Cancer kills 1 in 3 Australian men and 1 in 4 Australia women</p>	<p><b>ADDITIONAL INFO #1</b> 1 in 2 men will be diagnosed with cancer before their 85th birthday</p> <p><b>ADDITIONAL INFO #2</b> When compared with women, men are: *30% more likely to die of pancreatic cancer *40% more likely to die of bowel cancer *50% more likely to die from lung cancer and liver cancer</p> <p><b>ADDITIONAL INFO #3</b> Facts about screening ( to follow interaction #3):</p> <ul style="list-style-type: none"> <li>• Women are screened for breast and cervical cancer, men and women for bowel cancer</li> <li>• There isn't a reliable test for Prostate Cancer</li> <li>• Bowel cancer screening is free from the age of 50</li> </ul>	<p><b>INTERACTION #1</b> Who knows or wants to guess which are the 5 biggest cancer than kill men? Shout out.... <i>(Answer) The top 5 cancer killers of men are: 1. Lung; 2 Prostate; 3 Bowel; 4 Pancreas; 5 Liver.</i></p> <p><b>INTERACTION #2</b> Quick question, shout out the answer if you know. What percentage of people who get prostate cancer are male? <i>(Answer: Trick question - 100%)</i> What about breast cancer? <i>(Trick question - 1%)</i></p> <p><b>INTERACTION #3</b> One way to beat cancer is to catch it early. The Government currently spend around \$400m a year on cancer screening programs. Who knows or can guess what % of that funding is targeted at male cancers. <i>Answer: 7%</i> Who knows which cancer the Government screens men for? <i>Answer: Bowel Cancer - if your 50 and over you can get a free screening for bowel cancer</i></p> <p><b>INTERACTION #4</b> The next issue is the leading killer of men under 55, who knows or can guess what that is...shout out <i>Answer: Suicide</i></p>

## FACT 4 3 IN 4 SUICIDES ARE MEN

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>3 in 4 suicides in Australia are men</p>	<p><b>ADDITIONAL INFO #1</b> Suicide is the leading killer of men under 55. And it's an issue for men of all ages:</p> <ul style="list-style-type: none"> <li>• For boys &amp; young men is the biggest killer, nearly 40% of deaths in B&amp;YM (15-24) are suicides</li> <li>• Older men have higher rates of suicide than young men and men over 85 have the highest rates of all</li> <li>• The majority of suicides are men of working age (25-64) who account for over 50% of all suicides and 70% of all male suicides</li> </ul> <p><b>ADDITIONAL INFO #2</b> Here's a little known fact, the majority of male suicides are not linked to a mental health diagnosis. Male suicides are more likely to be linked to different types of life crisis.</p> <p><b>ADDITIONAL INFO #3</b></p> <ul style="list-style-type: none"> <li>• Approaching half of male suicides are linked with relationship issues</li> <li>• One in six male suicides are linked to money issues</li> <li>• One in eight male suicides are linked to bereavement</li> <li>• One in ten male suicides are linked to pending or recent unemployment</li> <li>• Nearly one in ten are linked to pending legal matters</li> <li>• One in 20 are linked to child custody issues</li> </ul>	<p><b>INTERACTION #1</b> <i>NB: this is in the quiz at the end</i></p> <p>Who knows or wants to guess how many people die of suicide in Australia every day. Shout out.... <b>Answer: 8 (6 men and 2 women)</b></p> <p><b>INTERACTION #2</b> Who knows or can guess some of the challenges, issues or crises that are commonly linked to male suicide.....? <b>Answers: See Additional Info #3</b></p> <p><b>INTERACTION #3</b> Who knows or can guess the best way to tell if a man is thinking of suicide? <b>Answer: Ask him.</b></p> <p>One thing we can all do to prevent suicide is learn how to talk to our mates about it. Have a look at RUOK's #Manspeak videos if you want to find out more.</p>

## FACT 5 93% OF WORKPLACE DEATHS ARE MEN

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>93% of workplace deaths are men</p>	<p>Men spend twice as many hours as women in paid work on average. Work can be good for our health, but can also be a health risk. For example:</p> <p>Men account for:</p> <ul style="list-style-type: none"><li>• 72% of work-related disease</li><li>• 2 in 3 serious claims for workers compensation</li></ul>	<p>Who knows or wants to guess, how many men a year die at work?</p> <p><b><i>Answer: 3 men a week. So every two days a man goes to work and never comes home.</i></b></p>

## 5 THINGS WE KNOW NOT TO DO

### JUST THE FACTS

5 things you already know NOT to do

### INTERACTION

Next I've got a list of 5 things we all already know NOT to do if we want to stay fit and healthy. Who can guess the five things NOT to do that are on my list.....shout out.

Take a range of answers but don't confirm if they are right, encourage as many suggestions as possible and respond....."good answer"....."could be".....etc

Let's see if you were right, the 5 items on my list of things to NOT to do are.....

## #1 DON'T SMOKE

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>3 in 5 smokes are smoked by blokes. We all know smoking is a health risk, yet 1 in 6 men and 1 in 8 women smoke every day</p>	<p><b>ADDITIONAL INFO #1</b></p> <ul style="list-style-type: none"><li>• Men are 40% more likely to smoke</li><li>• Smoke 50% more cigarettes</li><li>• Suffer 50% more smoking-related diseases</li></ul> <p><b>ADDITIONAL INFO #2</b></p> <p>You don't need me to tell you that smoking is bad for your health. But if you or anyone you know wants to stop, a good place to start is the Quit Now website.</p>	<p>Who knows or can guess which age group smokes the most?</p> <p><b><i>ANSWER: It's men age 25-34. More than 1 in 5 smoke and they're nearly twice as likely to smoke as women the same age.</i></b></p>

## #2 DON'T DRINK TOO MUCH

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Men are nearly 3x more likely than women to be risky drinkers...</p> <p>...and men suffer 70% of alcohol-related disease.</p>	<p>The more you drink, the greater the risk to your health</p> <p>Drinking no more than 2 standard drinks a day reduces the lifetime risk of damaging your health</p>	<p>Who knows or can guess what percentage of Aussie Blokes are risky drinkers (that's men who have more than 2 standard drinks a day)</p> <p><b>Answer: about 30%. So around 7 in 10 of us aren't risky drinkers</b></p> <p>Who knows or can guess what age group drinks the most?</p> <p><b>Answer: 25-44, about 35% of younger men are risky drinkers.</b></p> <p>And when they say drinking more than 2 standard drinks a day is a health risk. Who knows how much beer is in a standard drink? (You can follow this with how much wine and how much spirit)</p> <p><b>Answer: Beer - small glass of full strength (4.8%) / large glass of low strength (2.4%)</b></p> <p><b>Answer: Wine - 1 standard 100ml glass</b></p> <p><b>Answer: Spirit - 1 standard 30ml nip of spirit (40%)</b></p>

## #3 DON'T EAT SH\*T

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Don't eat too much junk</p> <p>Men suffer 3x more sausage-related disease</p> <p>It sounds like a joke but it's true.</p>	<p>A lot of poor health is caused by poor diet and men account for:</p> <ul style="list-style-type: none"> <li>• Around two thirds of disease caused by not eating enough fruit and veg</li> <li>• Three quarters of disease caused by not eating enough wholegrain (like oats and wheat)</li> <li>• Three quarters of disease caused by eating too much processed meat, like sausages, which is why we say men suffer 3x more sausage-related disease</li> </ul>	<p>Who knows or wants to guess how many servings of fruit and veg men (aged up to 50) are recommended to eat?</p> <p><b>Answer: 2 Fruit and 6 Veg</b></p> <p>Who knows or wants to guess what percentage of Australian men eat enough Fruit and Veg every day?</p> <p><b>Answer: Just 3% (for women it's just 8%)</b></p> <p>If you want more info on healthier eating see the Eat For Health website.</p>

## #4 DON'T SIT AROUND TOO MUCH

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Yes chairs are a health hazard. The less you move, the younger you die.</p> <p>Some research has found sitting all day to be as bad for your health as smoking.</p> <p>But you can counter the health impacts of sitting all day by.....moving.</p>	<p>Some quick facts:</p> <ul style="list-style-type: none"><li>• Around 1 in 2 people don't exercise enough</li><li>• Men are slightly more likely to exercise than women</li><li>• But men still experience slightly more disease caused by being physically inactive</li></ul>	<p>Who knows or can guess what the recommended levels of weekly exercise are?</p> <p><b><i>Answer: A minimum of 5 x 30 minutes of moderate exercise or 5 x 15 minutes of vigorous exercise.</i></b></p>

## #4 DON'T BE OVERWEIGHT

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>It's easy to say but not so easy to achieve</p> <p>7 in 10 men in Australia are overweight or obese compared with just over half of women.</p>	<p>The older we get the heavier we get, men over 55 are nearly twice as heavy as men under 25. This is the same for women.</p> <p>An interesting difference between men and women – the poorer women are, the heavier they get, but for men, being wealthier makes very little difference to your average weight.</p>	<p>Who know or can guess two ways to check if you're carry too much weight....?</p> <p><b><i>Answer: Body Mass index, if you know your weight and height, you can go online and check your BMI</i></b></p> <p><b><i>The other way is to measure your waist. If it's 94cm (37 inches) or more, you're at increased risk of disease.</i></b></p> <p><b><i>If it's 102cm (40 inches) or more your at high risk.</i></b></p>

LET'S TALK  
ABOUT  
MEN.

19 NOVEMBER 2019  
**INTERNATIONAL MEN'S DAY**

**GET INVOLVED.** FIND OUT MORE.

## THINGS YOU REALLY WANT TO DO...

So finally, I have a list of 5 things that can keep you healthy that you might really want to do.

## #1 REALLY DO...RELAX

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>More than 1 in 3 of Australians are dealing with significant distress in their lives</p>	<p><b>ADDITIONAL INFO #1</b></p> <p>All of us will experience stress at some point in our life.</p> <p><b>ADDITIONAL INFO #2</b></p> <p>There are basically three key ways to beat stress: Avoid, Act or Distract:</p> <ol style="list-style-type: none"><li>1. Avoiding things that make you stressed can be a good strategy but some things can't be avoided and need to be tackled head on.</li><li>2. Taking action means either tackling the issue that's making you stressed OR changing the way you respond to the issue.</li></ol>	<p><b>INTERACTION #1</b> <i>NB: this is in the quiz at the end</i></p> <p>Who knows or can guess the top 3 causes of stress in Australia: <b>Answer - money issues, family issues and health issues</b></p> <p>And health issues include the health of those we love, our own health conditions and even just stressing about staying healthy.</p> <p><b>INTERACTION #2</b></p> <p>Who knows or can guess the top 5 things Australians do to relax &amp; destress:</p> <ul style="list-style-type: none"><li>• Watch TV/Movies</li><li>• Time with family/friends</li><li>• Focusing on the positives</li><li>• Listen to music</li><li>• Read</li></ul> <p>Who wants to share what they do when they're stressed that makes them feel better?</p>

## #2 REALLY DO...BE SOCIAL

JUST THE FACTS	ADDITIONAL INFO
<p>Good friends and good relationships keep you healthy</p>	<p>Being socially isolated is as bad for your health as smoking 15 cigarettes a day</p> <p>Some research has found the two factors that have the biggest impact on how long you live are not what you eat, smoker and drink but;</p> <ol style="list-style-type: none"><li>1. Social connection - you can have close relationships and friendships with people who'll look out for you when you doing it tough</li><li>2. Social integration - having a range of people (not just close friends) who you interact with on a regular basis</li></ol> <p>So the first thing you REALLY want to do to stay healthy is be social...even if being social involves large amounts of sitting, smoking, drinking and eating sausages...(though of course if it doesn't involve those things, it's even healthier!)</p>

## #3 REALLY DO...HELP OTHERS

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Yes doing good is good for your physical and mental health.</p> <p>Even men who are depressed or suicidal have found that doing something for someone else helps them cope better.</p>	<p>There are a few reasons for this:</p> <ul style="list-style-type: none"><li>• It creates social connection</li><li>• Gives you a sense of purpose</li><li>• Distracts you from your own problems</li><li>• Makes you feel better about yourself</li></ul> <p>There is health warning thought, don't burn yourself out helping others. Take care of your own needs first.</p>	<p>Who volunteers in some way or does things to help out friends or family?</p>

## #4 REALLY DO...BE ACTIVE

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>Yes being inactive is bad for your health</p> <p>As I said earlier, some research shows that sitting all day can be as bad for your health as smoking.</p> <p>But you can counter the health impacts of sitting all day by..... moving</p>	<p>Some men love exercise more than others so it's good to find something that works for you.</p> <p>If you're inactive, even just walking 30 minutes a day could put 3 years on your life.</p> <p>And if you exercise with others, you're getting more social connection, which is good for your health</p> <p>If you're exercising while volunteering, you're helping others, which is good for your health</p> <p>And most exercise helps reduce stress.... which is good for your health</p>	<p>Speaking of exercise, who knows or wants to guess an exercise you can do that will predict your risk of heart disease?</p> <p><b>Answer: Push Ups</b></p> <p>Yes research into men aged around 40 found that if you could do 40 push ups you had a lower risk of heart disease 10 years later. Those who couldn't do 10 push ups had the highest risk.</p> <p><b>BUT HEALTH WARNING.....please don't give yourself a heart attack trying to do 40 push ups when you get home!</b></p>

## #5 REALLY DO...WHAT YOU LOVE

JUST THE FACTS	ADDITIONAL INFO	INTERACTION
<p>The found of Positive Psychology, Martin Seligman says there are 3 paths to happiness:</p> <p>the pleasant life; the good life and the meaningful life</p>	<p>Put another way, the 3 three things that keep us happy and healthy are:</p> <ul style="list-style-type: none"><li>• Doing things you love</li><li>• Doing things you're good at</li><li>• Doing things that have meaning and purpose</li></ul>	<p>So that's my final message. Men are dying 6 years young than women.</p> <p>We all know that being healthy is about not smoking... not drinking too much or eating to much junk....not sitting around too much and not putting on too much weight.</p> <p>But being healthy is also about doing things we like and love and have meaning. It's about doing things we enjoy that keeps us active and relaxed, it's about helping others and spending time with other people, particular the ones we love and who love us.</p> <p>So who wants to share something the already do that you're good at or that you love or that has meaning or purpose?</p>

## IF IN DOUBT...TALK WITH AN EXPERT

Okay so we've covered a lot of ground today. As I said at the beginning, I'm not a doctor, these facts are meant to get your thinking about men's health in general and your health in particular. If you have any concerns or questions or doubts about your physical or mental health then please, talk with an expert (like your GP or a mental health specialist or a helpline) or talk to someone you trust.

## QUIZ TIME

So let's see how well you #KnowYourManFacts we've a quick 5 question quiz

1. HOW MANY YEARS YOUNGER DO MEN DIE THAN WOMEN?
2. HOW MANY DIE OF SUICIDE EVERY DAY?
3. HOW MANY ARE OVERWEIGHT, IS IT 3 IN 4...4 IN 5.....OR 7 IN 10?
4. NAME 2 OF THE 5 THINGS WE ALL KNOW NOT TO DO IF WE WANT TO STAY HEALTHY?
5. NAME 1 OF THE TOP THREE THINGS THAT AUSTRALIANS GET STRESSED ABOUT ?