

Australian men are more likely to have serious health problems, such as cancer, and their death rates are much higher from infancy through to old age. Men are also less aware and less willing than women to adopt a healthier lifestyle (except that they give up smoking at higher rates).

A boy baby born today in Australia can expect to live 76.2 years, while for girls it is 82.2 years.

Substantial numbers of young boys experience physical and emotional abuse and neglect.

Men are more likely to die from heart disease, cancer, and accidents than women and use health services less often.

The male suicide rate is about 4 times that of women, and men aged 25-44 are at particular risk with very high rates in rural areas.

Men are almost twice as likely to be injured at work as women and account for 90.5% of all work-related deaths.

Men are more likely to engage in preventable risky behaviour (such as binge drinking, drink driving, speeding), and to perpetrate violent and be victims of crime for all offences except sexual assault and kidnapping. Men are more likely to misuse alcohol, tobacco and illicit drugs and have an inadequate intake of fruit and vegetables.

Research has found that men from lower socio-economic and culturally and linguistically diverse backgrounds and men with a mental illness or who are unemployed are more vulnerable to sickness than those in other sub groups.

..... recognising need in **Men's Health**

## Our Plan

- A National **Men's Health Policy**, with accompanying Men's and Boys' Health Programs
- Promotion of age-related, comprehensive, regular men's health **check-ups**
- **Health services and health information** in locations such as education facilities, workplaces, pubs, sporting venues
- Resources on health issues, such as **healthy diet and weight**, presented in a format that appeal to and are culturally sensitive to men
- Extended hours **walk-in clinics** for episodes of one-off first contact care
- Greater use of targeted **outreach** services
- **Training** for primary health care professionals in men's health issues, including promoting gendered approaches to health in undergraduate education
- Reduced risk taking and use of **violence** by focusing on challenging and changing men's attitudes and behaviour, starting in early childhood
- Better **funding** for services that:
  - support men following relationship breakdown and transition into and out of the workforce
  - support and assist boys and men who have been abused or sexually assaulted
  - decrease problem gambling
  - improve the mental health of boys and men, in particular targeting depression, stress, and substance misuse and
  - address the high suicide rates among men aged 25-44
- Allocate resources according to the needs of particular **subgroups** of men.