

Public Health Spotlight

Men's Health

July 2019

In this month's Public Health Briefing we focus on the importance of Men's Health. In west Cheshire we know that there is an 8.4 year difference in life expectancy between men who live in the most affluent areas and men who live in the poorest areas. There are lots of things men can do to improve their health and wellbeing.

I have picked out some messages that I would like you to help promote within your local communities and networks

1. Eat well and be active

- Men should aim for 150 minutes of moderate physical activity a week
- Everyone should aim to eat 5 portions of fruit and veg a day

Why is it important?

- Men with a waist size of 37 inches or above are at increased risk of heart disease, diabetes and cancer
- For advice on physical activity, diet and weight loss visit Cheshire Change Hub <https://cheshirechangehub.org/>

2. Quit Smoking

- Quitting smoking is the single most important thing a smoker can do to improve their health
- One in two smokers will die from a smoking related disease

Why is this important?

- Cigarette smokers die 10 years younger on average than non-smokers
- For help and advice on quitting smoking visit <https://www.nhs.uk/smokefree>

3. Drink Less Enjoy More

- Men are advised to drink no more than 14 units of alcohol per week
- This intake of alcohol should be spread over a number of days, allowing two alcohol free days per week.

Why is this important?

- Drinking more than 14 units a week increases your risk of developing certain cancers, heart disease and liver disease
- If someone is worried about their drinking they can contact WDP Cheshire West and Chester for advice and support <https://www.wdp.org.uk/find-us/cheshire-west-and-chester>



4. Health checks

- Men aged 40-74 will be invited by their GP for a free health check every 5 years. A health check is a free midlife MOT that can help spot early signs of heart disease, diabetes, kidney disease, stroke and other health problems

Why is this important?

- NHS Health Checks can detect potential health problems before they do any real damage. In its first 5 years, the NHS Health Check is estimated to have prevented 2,500 heart attacks or strokes



5. Screening

Men are invited to attend two screening programmes as they get older:

Bowel screening

- Between the ages of 60-74, men will receive a bowel screening kit in the post every two years
- For more information, if someone hasn't received their screening kit or they've thrown it away, advise them to call the free bowel cancer screening helpline on **0800 707 60 60**

Abdominal aortic aneurysm (AAA):

- Men aged 65 will receive an invite for a one-off ultrasound of the aorta in their abdomen (tummy)
- For more information or if someone who has missed their AAA screening appointment, advise them to call **0151 7064767**

Why is it important?

- Regular screening is important as it is a way of detecting the early signs of disease, for example participating in bowel screening reduces a man's risk of dying from bowel cancer by 16%
- AAA screening prevents around 2,000 premature deaths from ruptured AAA every year through early detection, appropriate monitoring and treatment

6. Mental Health and Wellbeing

- One in four people will experience some kind of mental health problem each year
- There are lots of things we can do to improve our mental health and wellbeing, including doing things we enjoy, being more active, talking to someone, drinking less alcohol and getting enough sleep

Why is this important?

- Looking after our mental health and wellbeing is important, particularly as suicide is the leading cause of death among men aged 20-49 in England and Wales

Where can men go to get help to improve their mental health and wellbeing?

Take part in one of the Natural Health Service's activities. The service uses the natural environment to improve the health and wellbeing of individuals and communities

<https://naturalhealthservice.org.uk/wordpress/cheshires-natural-health-service/>

Join a Men's Sheds club where men can get together, pursue practical interests at leisure in the welcoming space of a 'Shed'. The difference is instead of the solitary shed, men in sheds is about social connections and friendship building, sharing skills and knowledge

<https://menssheds.org.uk/>

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide. They run a helpline for men

0800 585858 from 5pm to midnight every day

<https://www.thecalmzone.net/>

If a man's mental health problems aren't going away, encourage them to talk to their GP, or refer themselves for psychological therapy through the NHS Improving Access to Psychological Therapies (IAPT) service

<https://beta.nhs.uk/find-a-psychological-therapies-service/>

I would really value your feedback and recommendations for future updates. Please send through your views to

publichealth@cheshirewestandchester.gov.uk

Thank you for your continued support



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