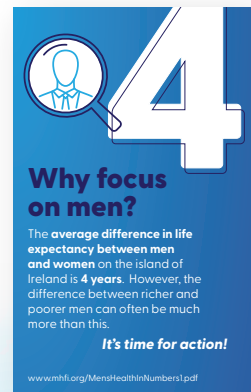
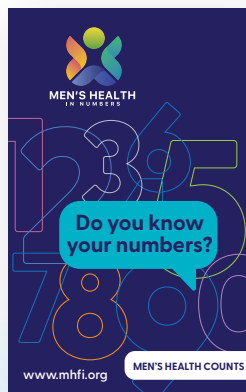
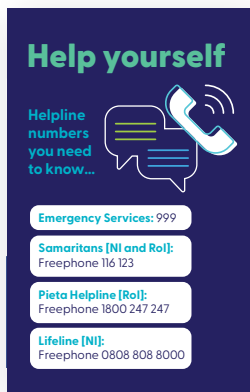




# MEN'S HEALTH WEEK

9<sup>th</sup> – 15<sup>th</sup> June 2025

Theme | *Shoulder-to-Shoulder: Connecting for Health*



## Thank you

I would like to extend a big thank you to all our partners and all who contributed to making Men's Health Week 2025 such a success.

This year's theme "shoulder to shoulder", allowed us to emphasise the importance of men supporting and connecting with each other. During the week, we had a huge range of events, an array of media coverage across local radio, social media and local newspapers. The attached infographic, showcases and highlights some of the events from the week.

Once again the success of the week was made possible due to the wonderful collaboration and enthusiasm of all of our partners and we want to extend our gratitude to all involved.

Planning has already begun on Men's Health Week 2026 and we hope that we will have all your support once again.

**Laurence Gaughan,**  
Project Manager,  
Health & Wellbeing  
E: [laurence.gaughan@hse.ie](mailto:laurence.gaughan@hse.ie)

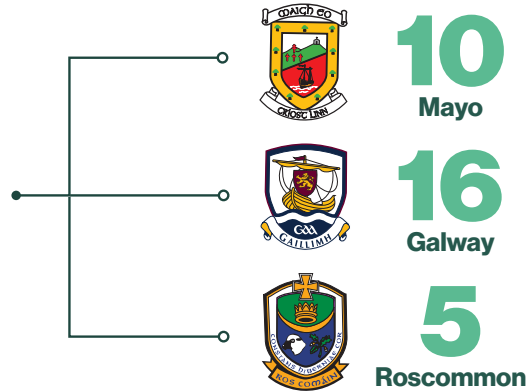
## Event Locations



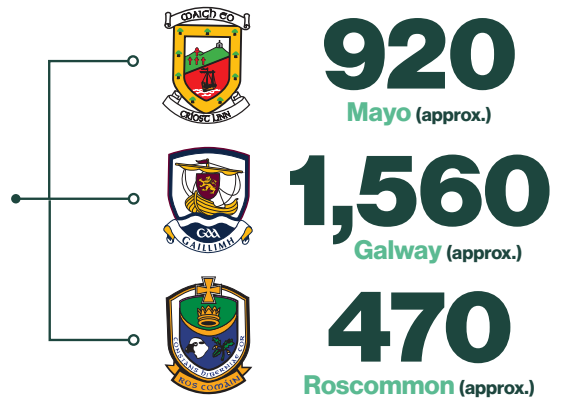
# Men's Health Week 2025 at a glance...



**31**  
Events



**2,950**  
Face-to-Face Interactions



**13**  
Types of Events

- Health Seminars
- Radio Interviews
- Walking Football
- Men's Fitness for Health
- Men's Sheds
- Library Events
- Health Checks
- Online Seminars
- Construction Industry Talks
- Workplace Wellness
- Health Check Exhibition at Marts
- TV Interviews
- Activator Poles



**597**  
Croí health checks



**70**  
Partners

# CR Health Checks



**202**  
Mayo



**337**  
Galway

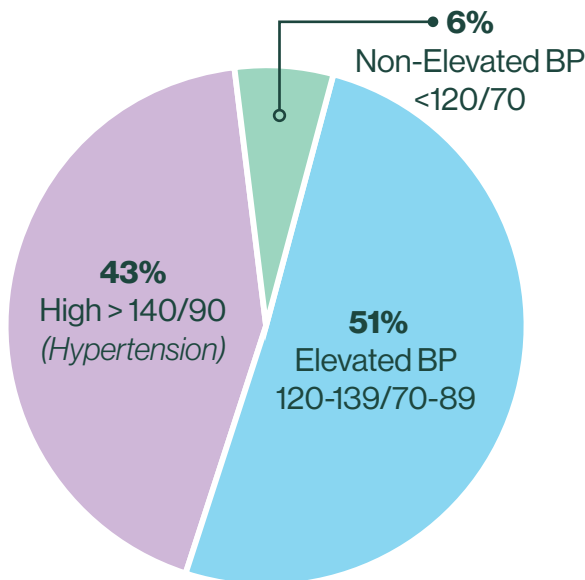


**58**  
Roscommon

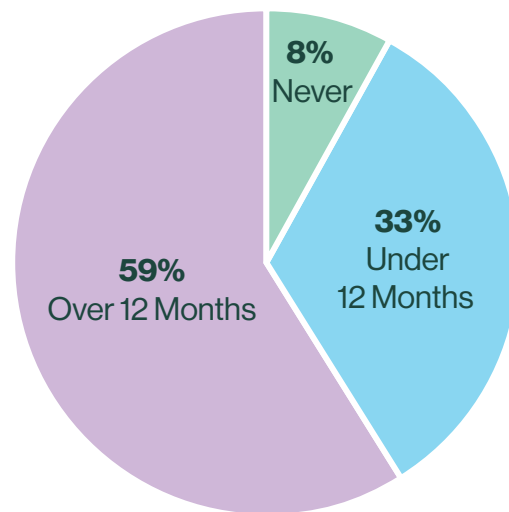
## Health Check Locations:

Marts • Venues • Workplaces • Businesses • Sport Venues • Family Resource Centres

## Summary of Activity - Blood Pressure



BP Readings by Participant



Last BP Check Timeframe

## What the findings mean:

- Non-elevated: Only 6% of people seen had blood pressure in the healthy, “non-elevated” range (120/70 mmHg).** Keeping blood pressure within this range is important to protect your heart, blood vessels, brain, and kidneys. High blood pressure often has no symptoms but can lead to serious health problems over time. It’s recommended that adults under 40 have their blood pressure checked every 3 years, while those over 40 should have it checked every year.
- Elevated: 51% of people had “elevated” blood pressure, 120-139/72-89.** This means their blood pressure is a bit higher than it should be. The ESC\* says these people will need to make some changes, like eating healthier and exercising, and following up with their GP. Some of them might need medication and they may also have other risks.
- Hypertension: 43% of people had “hypertension”, 140/90.** This means their blood pressure is too high. The ESC\* says these people need to see a doctor soon. They will probably need to make lifestyle changes and take medication to bring their blood pressure down.

\*ESC - European Society of Cardiology Guidelines





# Men's Health Week Partners

- Abbvie Westport
- Alone
- Aurivo
- Balla Mart
- Ballina Mart
- Chime
- Claremorris Family Resource Centre
- Claremorris Radio
- Connemara Radio
- CROI
- Dawn Meats
- Dexcom
- EEC Teo
- FAI
- Flourish The Family Centre
- Forum Connemara
- Galway Bay FM
- Galway City Council
- Galway County Council
- Galway County Healthy Ireland
- Galway County Library
- Galway GAA
- Galway Sports Partnership
- Galway Traveller Movement
- Galway Volunteer Centre
- GRETB
- Healthy Galway City
- Healthy Galway County
- Healthy Mayo County
- Healthy Roscommon
- HSE
- IFA
- Jigsaw
- John Paul Construction
- Lions Clubs
- MABS
- Mayo County Council
- Mayo County Library
- Mayo GAA
- Mayo North East Leader Partnership
- Mayo Sports Partnership
- Mayo Volunteer Centre
- Men's Sheds Association
- Mental Health Ireland
- Midwest Radio
- Mindspace
- MSLETB
- Pieta
- Portersheds Galway City
- Public Participation Networks
- Regional Newspapers
- Roscommon County Council
- Roscommon County Library
- Roscommon GAA
- Roscommon Healthy Ireland
- Roscommon LEADER Partnership
- Roscommon Library
- Roscommon Sports Partnership
- Roscommon Volunteer Centre
- Shannonside FM
- Simon Community
- SISK Construction
- Social Prescribing Link Workers
- Solas
- South West Mayo Development Company
- T O'Higgins Homevalue Galway
- Teagasc
- TG4
- Trinity Arts Centre
- University of Galway



# MEN'S HEALTH WEEK 2025

## MAYO IN PICTURES



# MEN'S HEALTH WEEK 2025

## GALWAY IN PICTURES



# MEN'S HEALTH WEEK 2025

## ROSCOMMON IN PICTURES

