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Why focus on men?

The **average difference in life expectancy between men and women** on the island of Ireland is **4 years**. However, the difference between richer and poorer men can often be much more than this.

It's time for action!

www.mhfi.org/MensHealthInNumbers1.pdf

8/10



Food for thought

It is estimated that about **8 out of 10 men** in Ireland **don't eat enough fruit and vegetables**. The recommended daily amount is 5-7 portions, and you should try to 'eat the rainbow' (a wide variety of colours) whenever you can.

www.safefood.net/healthy-eating

Let's get physical

30x5



All adults should aim for at least **30 minutes a day of moderate intensity physical activity on 5 days a week** (or 150 minutes a week). This time can be added up throughout the day in short spurts - at least 10 minutes here and there will still make a real difference.

www2.hse.ie/living-well/exercise
www.nidirect.gov.uk/articles/physical-activity

>75%

Watch your head



The **mental health** of men and boys on the island of Ireland is often poor. Unfortunately, this is borne out in the figures for suicide each year - where **males account for over three out of four** of all the deaths. However, these deaths can be avoided if we all do our bit.

www.yourmentalhealth.ie
www.mindingyourhead.info/resources

Going up in smoke



7500

Smoking is the leading cause of preventable death on the island of Ireland - with an estimated **7,500 people dying each year** from tobacco related-diseases. It harms nearly every organ in the human body and is a risk factor for developing many chronic diseases.

www.quit.ie
www.stopsmokingni.info

10.1

It's your shout



It is estimated that the intake of pure **alcohol** - per person aged 15+ in Ireland - is approximately **10.1 litres per year**. This is the equivalent of 36 x 700ml bottles of vodka, or 108 x 750ml bottles of wine, or 413 pints of beer per person per year.

www.askaboutalcohol.ie
www.drugsandalcoholni.info

What a bloody situation



120/80

Normal blood pressure is 120 / 80. However, raised blood pressure (hypertension) can contribute to a range of health issues including heart attacks and strokes. It is sometimes called the 'silent killer', because there are often few signs that something is wrong - until it is.

www.mhfi.org/HeartHealth.pdf



Get it on



98%

Condoms are 98% effective at preventing pregnancy - if you use them correctly every time you have sex. They also reduce the risk of sexually transmitted infections (STIs).

It's a no-brainer.

For free STI testing visit:

<https://sh24.ie> [RoI] |
<https://sh24.org.uk> [NI]

www.sexualhealthni.info
www.sexualwellbeing.ie/sexual-health



Help yourself

Helpline numbers you need to know...



Emergency Services: 999

Samaritans [NI and Rol]:
Freephone 116 123

Pieta Helpline [Rol]:
Freephone 1800 247 247

Lifeline [NI]:
Freephone 0808 808 8000

<https://mhfi.org/ActionMan.pdf>



TAKE FIVE



www.mentalhealthireland.ie/five-ways-to-wellbeing

Check your bits and bobs



Did you know that **4 out of 10 cancers** can be prevented by having a healthier lifestyle and avoiding risk factors? And here's more good news - there are a number of simple and practical steps that every man can take to reduce their cancer risk.

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Find out about these today.

www.mhfi.org/CancerManual.pdf

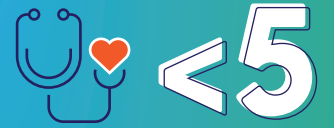
Hazardous waist

37" / 94 cm

The amount of **weight** you carry around your middle can affect your hormones, immune system and increase your risk of high blood pressure, heart disease and diabetes. Measuring your waist is a good way to check your fat distribution. For men, a **waist circumference below 37"/94cm** is considered to be low risk. However, there are ethnic differences in this cut-off point.

www.choosetolivebetter.com/content/measuring

All clogged up



One of the best ways to prevent strokes or heart attacks is to keep your **cholesterol** at a healthy level. Cholesterol is a type of fat in your blood. Too much LDL ('bad') cholesterol can be harmful. It sticks to the inside of your arteries and makes it harder for blood to flow through them. **For most people, the 'Total Cholesterol' measurement should be no more than 5.**

www.nidirect.gov.uk/conditions/high-cholesterol
www.irishheart.ie/how-to-keep-your-heart-healthy/cholesterol

Take a break



Sleep is important for both your physical and your mental health. It helps to reset and recharge your brain and your body. Generally, adult men need between 7 and 9 hours of sleep a night, while boys need more. **The ideal amount is around 8 hours.**

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www.nichs.org.uk/health-information/risk-factors/sleep
www2.hse.ie/mental-health/issues/sleep-problems



MEN'S HEALTH IN NUMBERS

Do you know your numbers?

www.mhfi.org

MEN'S HEALTH COUNTS