

Men's Health in Numbers

Republic of Ireland Men's Health Report Card 2024



Prepared for the Men's Health Forum in Ireland by Dr Paula Devine

THANKS AND ACKNOWLEDGEMENTS

The first version of this Report Card was produced in 2020 – to mark the 21st birthday of the Men’s Health Forum in Ireland. This 2024 edition updates those statistics and adds some new information categories.

The original report was only possible because of the generosity, goodwill, support, advice and practical assistance offered by a broad range of individuals and organisations.

The Men’s Health Forum in Ireland (MHFI) would like to give special mention to:

- Health Service Executive (HSE) Health and Wellbeing – for providing the funding to undertake the original data gathering process.
- The research team / first report authors – Dr Paula Devine and Dr Erin Early from ARK (www.ark.ac.uk) within Queen’s University Belfast (QUB) and Ulster University (UU).
- Prof Derek Griffith, from Georgetown University, USA, who generously shared his experience of developing the *Tennessee Men’s Health Report Card* with us. This was the inspiration behind our *Men’s Health in Numbers* publications.
- All of the people who contributed to the Advisory Group for the 2020 initiative:
 - Prof Kevin Balanda: Public Health Researcher
 - Colin Fowler: Men’s Health Forum in Ireland
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 - Finian Murray: HSE Health and Wellbeing
 - Dr Shane O’Donnell: South East Technological University (SETU)
 - Biddy O’Neill: Department of Health, Republic of Ireland
 - Dr Gillian Prue: School of Nursing and Midwifery, QUB
 - Dr Noel Richardson: National Centre for Men’s Health, SETU



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This report is available online at: www.mhfi.org/MensHealthInNumbers2.pdf

Introduction

The Men's Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, from both the Republic of Ireland and Northern Ireland. The Forum was established in 1999, and operates on an all-island basis.

MHFI was established in response to the growing recognition of the need to address the poor health status of males in Ireland. However, one of the first challenges facing it was to gain access to reliable data upon which to plan future interventions. This remains an ongoing concern - as the Forum seeks to work in an evidence informed way.

This barrier was, initially, overcome when MHFI launched its seminal *Men's Health in Ireland* report in January 2004 (www.mhfi.org/fullreport.pdf). This document provided the most comprehensive overview of key statistics on men's health on the island of Ireland ever collated up to that time. It offered clear evidence of local males' health needs, and a roadmap for action. Importantly, it also provided a baseline against which to measure progress in the future.

To mark its twenty-first birthday in 2020, the Forum undertook an initiative titled *Men's Health in Numbers*. Funded by the Health Service Executive (HSE) Health and Wellbeing, this sought to produce:

1. A comprehensive **Trends Report** that described changes in significant markers of men's health on the island of Ireland between 2004 and 2019.
2. An **Irish Men's Health Report Card** that provided a contemporary synopsis of key men's health statistics in the Republic of Ireland.

This 2024 Report Card updates those original statistics and adds some new categories of information.

The amount of data available on the health of men and boys in Ireland is almost endless. This Report Card can only give a flavour of some of the important issues in the lives of local males. It focuses upon headline statistics and, for simplicity, presents most of these as infographics. If you would like to explore more detailed data, please have a look at the substantive *Men's Health in Numbers: Trends on the Island of Ireland* report which is available at: www.mhfi.org/MensHealthInNumbers1.pdf Alternatively, check-out some of the data sources on page 19 of this Report Card.

A lot has changed in Ireland - and the world - since our *Men's Health in Ireland* report was published in 2004. Indeed, even at the deadline for publication of this Report Card, the range of data available to us is constantly evolving and changing. COVID-19 also had a dramatic impact upon the health and wellbeing of everyone in Ireland and, no doubt, will have a long-lasting legacy. Thus, this Report Card only represents a snapshot taken at one particular period in time.

The figures in this booklet provide some cause for optimism, along with some grounds for concern. For example, in 2022, neoplasms, circulatory system diseases, respiratory system diseases, and external causes of injury and poisoning continued to be the major causes of death of males in Ireland. However, COVID-19 contributed to the same number of deaths as external causes of injury and poisoning. That said, it is important to note that death rates from these have often been reduced due to factors such as the adoption of healthier lifestyles, the uptake of screening programmes, better diagnostic tools, improvements in health literacy and help-seeking behaviours, availability of support services, and more effective treatment options.

The figures in this booklet provide some cause for optimism, along with some grounds for concern.

This progress, combined with the fact that Irish males now live longer, means that the overall population of males in Ireland is ageing. The downside, though, is that we can expect a higher incidence of some cancers and chronic conditions in the future.

Ireland no longer has the highest rate of diagnosed prostate cancer in the EU, but prostate cancer continues to be the most commonly diagnosed cancer among Irish males. The incidence rate for non-melanoma skin cancer (NMSC) has doubled since 1994. Excessive alcohol use remains high. Too many males are overweight. The number of males diagnosed with gonorrhoea and HIV has increased ... However, the mortality rate for all invasive cancers (excluding NMSC) has fallen and the survival rate has increased. There are fewer male smokers. The number of male suicides has fallen. The proportion of male deaths due to diseases of the circulatory system has decreased ...

But Irish males are not a homogenous group, and there are significant differences in the circumstances of their lives, health behaviours and health outcomes. Indeed, it is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

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Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they are contending with. However, this is no longer the case. In recent years, a broad range of research has highlighted the health challenges which face men in Ireland and further afield. Yet, although the health of local men can, sometimes, be poor, it is not a 'lost cause'. It can be improved in many significant ways. Indeed, a wide range of innovative and pioneering initiatives have already been developed to support the health needs of men and boys. Some examples of these are peppered throughout this Report Card.

Much has already been achieved but, as they often say in Report Cards: 'there is still room for improvement'. Males, themselves, need to play a central role in taking control of their health and wellbeing. However, male health is not just an issue for individual men and boys; their health can often be determined and influenced by other policy, economic, environmental, educational and social factors which are outside of their personal control. This dynamic is represented in the 'Health Impact Pyramid' towards the end of this booklet on page 18. Thus, there is also a role in improving male health for decision-makers, service providers and society as a whole.

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The Republic of Ireland was the first country in the world to adopt a National Men's Health Policy and, subsequently, a Men's Health Action Plan.

The Republic of Ireland was the first country in the world to adopt a *National Men's Health Policy* and, subsequently, a *Healthy Ireland - Men Action Plan*. Ireland was, and still is, an international leader in this field. We hope that our *Men's Health in Numbers* publications will add to this reputation. More importantly, we hope that these materials will be a practical resource for many organisations across Ireland - by highlighting some of the main areas for concern, providing evidence of need, mapping the magnitude of the work which needs to be undertaken, and inspiring practical and realistic responses.

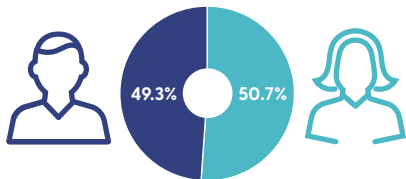
Colin Fowler
Director of Operations
The Men's Health Forum in Ireland

Population



TOTAL POPULATION

POPULATION OF IRELAND
IN 2023: 5,281,600
MALES: 2,606,200 (49.3%)

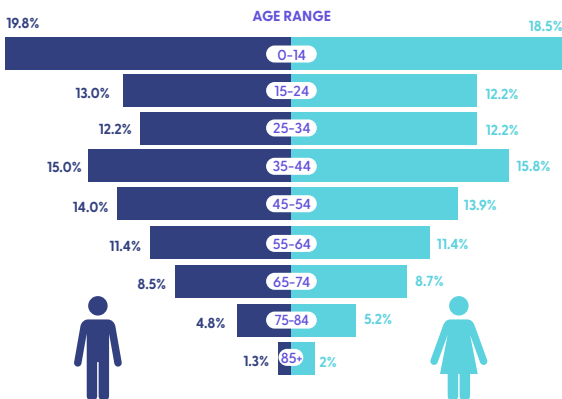


Source: Central Statistics Office (CSO) Table PEA01

AGE PROFILE

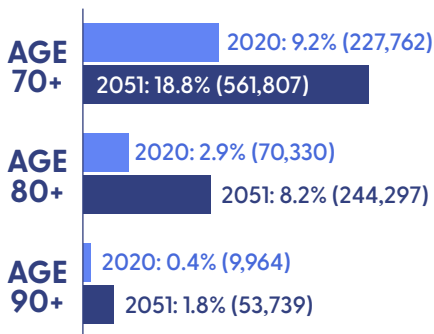


MALES HAVE A
YOUNGER AGE PROFILE
THAN FEMALES



Source: CSO Table PEA01

AGEING



THE NUMBER OF OLDER
MEN IS EXPECTED TO RISE
OVER THE NEXT 30 YEARS

Source: CSO Tables PEA11, PEA22

AREA OF RESIDENCE

2023



Region	Males 000s	% of RoI male population
Dublin	735.8	28%
Mid-East	385.8	15%
South-West	373.6	14%
Mid-West	255.7	10%
West	247.9	10%
South-East	231.1	9%
Border	214.9	8%
Midland	161.3	6%

Source: CSO Table PEA04

CASE STUDY

Sheds for Life

Sheds for Life is a community-based health promotion programme aimed at supporting local members of Irish Men's Sheds. The programme seeks to facilitate open and meaningful health-focused discussions, while encouraging men to adopt and maintain healthier lifestyle choices, and to increase their awareness in areas such as physical activity, healthy eating and mental wellbeing.

<https://menssheds.ie/sheds-for-life>



LIFE EXPECTANCY



Life Expectancy at Birth

= EU-27



Source: Eurostat Table tps00208

2016 Life Expectancy at Birth by Area of Deprivation



Source: CSO Mortality Differentials in Ireland 2016-2017



Healthy Life Expectancy at Birth

= EU-27



Source: Eurostat Table hlth_hlye

DISABILITY

20.9%

of males (531,207) had a disability in 2022



Source: CSO Table F4002

HOMELESSNESS

5,880

adult males accessed emergency accommodation in January 2024



72% of these men were in Dublin (4,252 men)

Source: Department of Housing, Local Government and Heritage, Monthly Homelessness Report, January 2024

MIGRATION

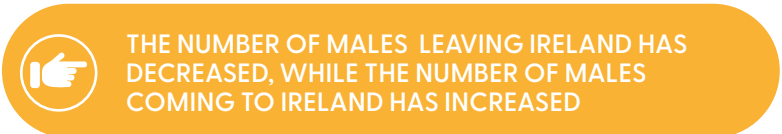
2013:

41,600 male emigrants
32,300 male immigrants

2023:

31,000 male emigrants
66,100 male immigrants

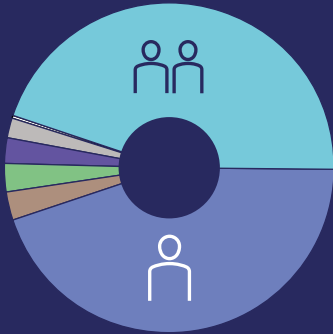
Source: CSO Table PEA03



Family and Relationships




MARITAL STATUS (2022)



	Number	%
● Married (first marriage)	913,371	45.1%
● Single	907,480	44.8%
● Divorced	54,923	2.7%
● Widowed	54,917	2.7%
● Separated	52,382	2.6%
● Re-married	41,449	2.0%
● Registered same-sex civil partnership	2,035	0.1%

Source: CSO Table FY050

 IN 2022, THERE WERE 305 MALE SAME-SEX MARRIAGES

LONE FATHERS

33,509

households (2.5%) consisted of a lone father with children



Source: CSO Table F3035

CASE STUDY

Engage

The Engage National Men's Health Training Programme was developed to assist practitioners to build effective relationships with males of all ages in order to address their health and wellbeing needs. Engage offers service providers a range of focused one day experiential and interactive workshops, that increase their understanding of the world of men, and help them to develop strategies for making realistic connections.

www.mhfi.org/training.html

CARING RESPONSIBILITIES

In 2022:

117,536

males provided unpaid care. This represents 39% of people providing unpaid care

2,355

males aged 0-14 provided unpaid care

32%

of male carers provided 29 hours or more of unpaid care each week

Source: CSO Table F4015

Education and Work



EDUCATIONAL EXPERIENCE

SCHOOL ATTENDANCE



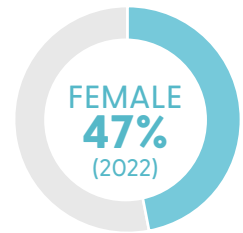
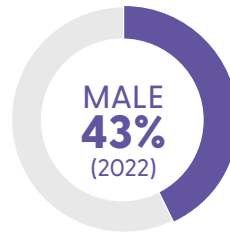
Females attended school for longer than males

25%

of males in 2022 had not attended school beyond lower secondary, compared with **21%** of females

Source: CSO Table F8069

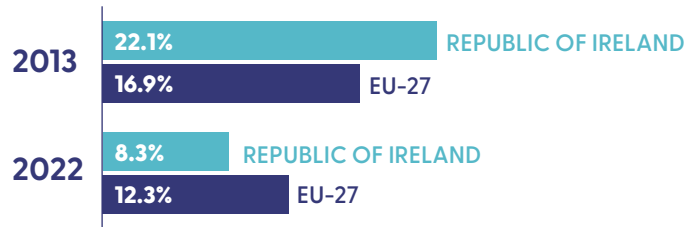
THIRD LEVEL QUALIFICATION



Source: CSO Table F8069

THERE HAS BEEN A FALL IN THE PROPORTION OF YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING

YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET): % OF 18-24 YR OLDS



Source: Eurostat Table edat_ifse_20

EARNINGS (FULL-TIME & PART-TIME)

MEDIAN ANNUAL INCOME (AGED 15+) 2022:



€45,537



€37,782

This means that half of all males earned below €45,537 and half of males earned above €45,537

Source: CSO Table DEA04

HOURS WORKED



11.4%

of males worked at least 49 hours a week in 2023

3.6%

of females worked at least 49 hours a week in 2023

Source: CSO Table QLF45

Average number of weekly working hours for full-time employees, 2022

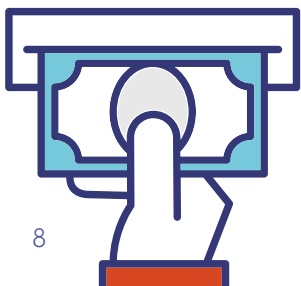


42.0 HOURS



38.1 HOURS

Source: Eurostat Table ifsa_ewhuis





LABOUR MARKET

 THE MALE UNEMPLOYMENT RATE HAS FALLEN SINCE 2009

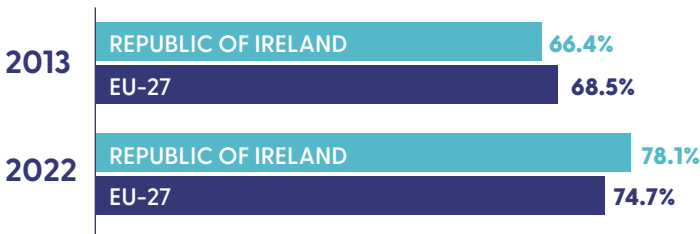
2009:
15.6%



2022:
4.4%

Source: CSO Table MIP11


MALE EMPLOYMENT RATE (% OF 15-64 AGE GROUP)



Source: Eurostat Table lfst_r_ergau

 ALTHOUGH THE RATE ROSE DURING COVID



 SINCE 2013, THERE HAS BEEN A RISE IN THE EMPLOYMENT RATE



INDUSTRIAL GROUPS

2022	Number of males (000s)	% of workers who are male
Construction	123,052	91.5
Agriculture, forestry and fishing	71,679	87.2
Mining and quarrying	4,127	86.8
Water supply: sewerage, waste management and remediation activities	9,612	78.9
Transportation and storage	68,050	78.3
Electricity, gas, steam and air conditioning supply	9,692	72.8
Other service activities	15,489	29.4
Education	51,053	24.1
Human health and social work activities	61,293	22.7

Source: CSO Table FY058

RISK OF POVERTY

17.5%

of males were at risk of poverty (after rent and mortgage interest) in 2023



Source: CSO Table SIA100

Health and Lifestyle



GENERAL MEDICAL SERVICES SCHEME

37.5% of males had a medical or GP visit card in 2023

Source: Healthy Ireland 2023

GP VISITS

Attended a GP in previous 12 months

Males aged 15+: **70%**

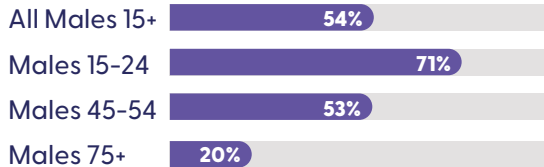
Males aged 15-19: **52%**

Males aged 75+: **91.1%**

Source: Healthy Ireland 2023, CSO Table HIS17



Achieving National Physical Activity Guidelines (2019)



Source: Healthy Ireland 2019

BLOOD DONORS

40,967 men were whole blood donors in 2022 (55% of total)

Source: Irish Blood Transfusion Service, Annual Report 2022



SELF-REPORTED HEALTH

In 2023:

81% of males rated their health as good or very good

96% of males **aged 15-19** rated their health as good or very good

67% of males **aged 65-69** rated their health as good or very good

Source: Healthy Ireland 2023, CSO Table HIS01

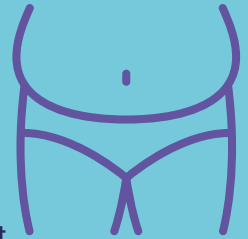
WEIGHT

In 2022:

23% of males were overweight

40% of males were obese

Source: Healthy Ireland 2022



SUN PROTECTION

80% of males report using at least one form of sun protection during the summer while in Ireland.

Source: Healthy Ireland 2022

DENTAL HEALTH

In 2022:

77% of males aged 15+ said they had good or very good dental health

43% of males visited the dentist in the previous year

Source: Healthy Ireland 2022



SMOKING



% of males who smoke

2015: **24%** ↓ 2023: **21%**



THE NUMBER OF MALE SMOKERS HAS FALLEN SINCE 2015

In 2023:

16% of males aged 15-24 used e-cigarettes either daily or occasionally

Source: Healthy Ireland 2023

PROBLEM DRUG USE

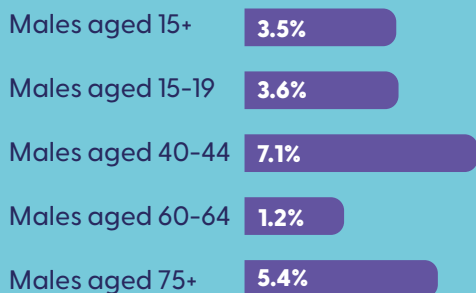
7,754 males were treated for problem drug use in 2021 (71% of cases)



Source: Health Research Board, National Drug Treatment Reporting System 2015-2021 Drug Treatment Data

LONELINESS

% males saying that they are often or always lonely



Source: Healthy Ireland 2023

ALCOHOL



In 2023:

73% of men had drunk alcohol during the previous 12 months

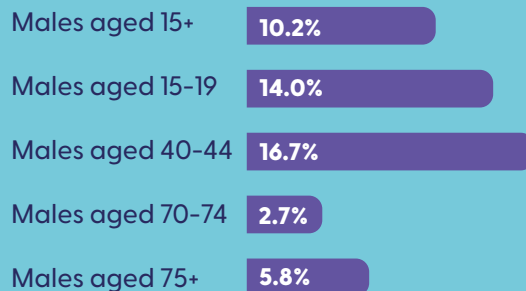
37% of men reported that they binge drink (six or more standard drinks) on a typical drinking occasion

Source: Healthy Ireland 2023

MENTAL HEALTH



% of males in 2023 with a probable mental health problem



Source: Healthy Ireland 2023

SEXUAL VIOLENCE

28% of men in 2022 aged 18+ said they had experienced sexual violence during their lifetime



52% for women

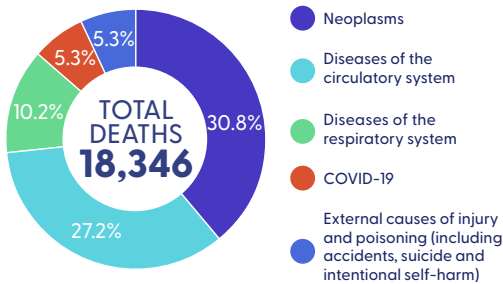
Source: Sexual Violence Survey 2022

Cause of Death

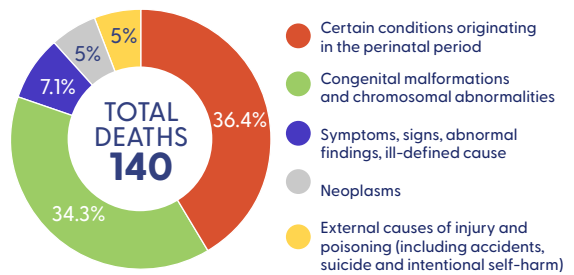


CANCER IS THE LEADING CAUSE OF DEATH FOR MALES

LEADING CAUSES OF DEATH FOR MALES IN IRELAND (2022)

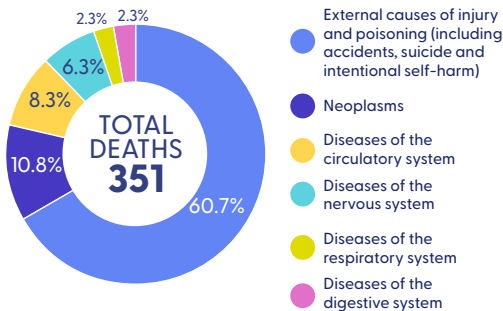


LEADING CAUSES OF DEATH FOR 0-14 YEAR OLD MALES

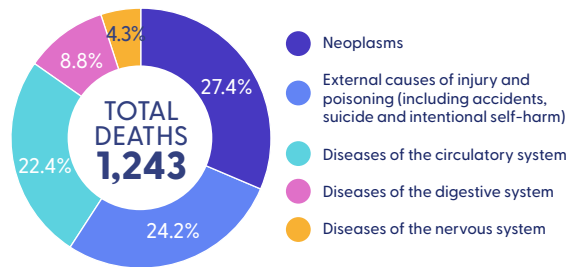


EXTERNAL CAUSES OF INJURY AND POISONING (INCLUDING ACCIDENTS, SUICIDE AND INTENTIONAL SELF-HARM) IS THE LEADING CAUSE OF DEATH FOR 15-34 YEAR OLD MALES

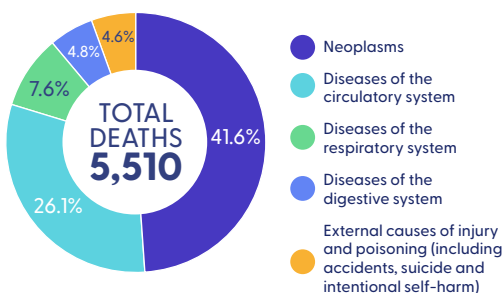
LEADING CAUSES OF DEATH FOR 15-34 YEAR OLD MALES



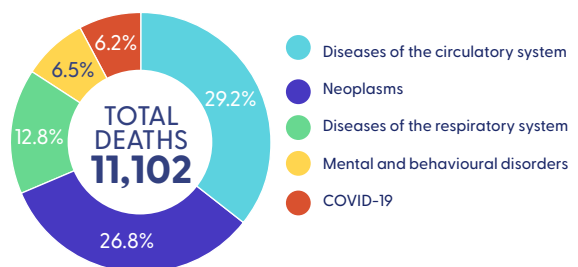
LEADING CAUSES OF DEATH FOR 35-54 YEAR OLD MALES



LEADING CAUSES OF DEATH FOR 55-74 YEAR OLD MALES



LEADING CAUSES OF DEATH FOR MALES AGED 75+

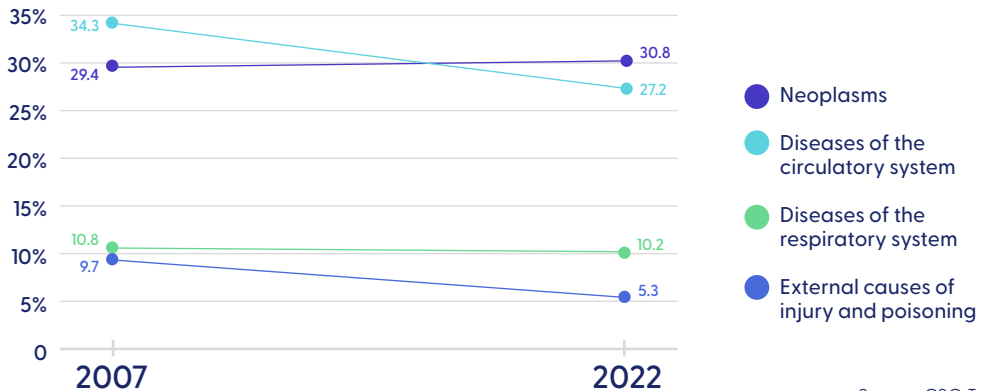


Source: CSO Table VSD51

BETWEEN 2020 AND 2022, 3,609 MALES DIED OF COVID-19

15 YEAR TRENDS: LEADING CAUSES OF MALE DEATHS

% OF ALL MALE DEATHS



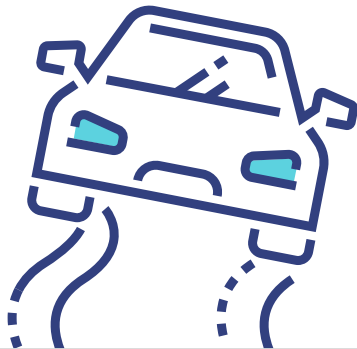
Source: CSO Table VSA35

CASE STUDY

Farmers Have Hearts Cardiovascular Health Programme

The Farmers Have Hearts Cardiovascular Health Programme is a health intervention which targets male Irish farmers. The programme consists of a baseline health check, a health behaviour change intervention, and a repeat health check at 52 weeks. The overall goal of this on-going programme is to assess its effectiveness in terms of farmers' follow-up use of health services, sustainable health behaviour change, and reduced CVD risk.

www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php



ROAD FATALITIES

144 male road fatalities in 2023 (78% of total)

Source: Road Safety Authority, 2024, Provisional Review of Fatalities 1 January to 31 December 2023

SUICIDE

OVERALL, THE NUMBER OF MALE SUICIDES HAS FALLEN

MALE DEATHS BY SUICIDE

2002: **387**

2012: **445**

2022: **331**



Source: CSO Table VS30

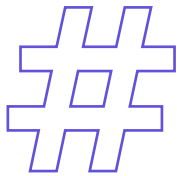
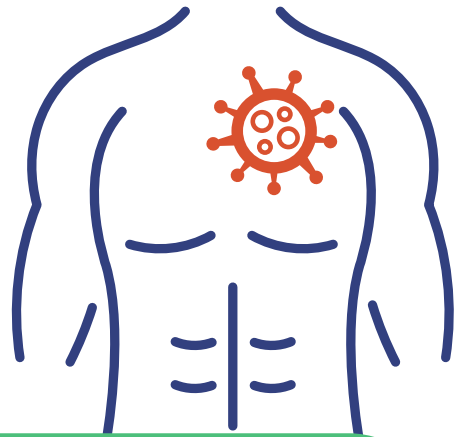
CASE STUDY

'Action Man' Manual

Men's health can be improved in many significant ways, and there are simple, practical and realistic things which we can all do to be more healthy and live a longer life. The 'Action Man' manual doesn't preach or lecture - it simply explains: (i) WHY an action is needed; (ii) WHAT can be done about it; and (iii) HOW to find support if you need it. It offers ten top tips to put you into the driving seat, and gives you the tools and DIY instructions to make positive changes.

www.mhfi.org/ActionMan.pdf

Males and Cancer



1 Cancer is the number one cause of male death in Ireland

PROSTATE CANCER IS THE MOST COMMONLY DIAGNOSED CANCER AMONG MALES (EXCLUDING NON-MELANOMA SKIN CANCER)

HOWEVER, THIS MAY REFLECT THE USE OF PSA SCREENING

CANCER RISK

In 2019-21, the lifetime risk of being diagnosed with:

- 1 in 2 Any invasive cancer (excluding non-melanoma skin cancer)
- 1 in 4 Non-melanoma skin cancer
- 1 in 6 Prostate cancer
- 1 in 15 Colorectal cancer
- 1 in 15 Lung cancer
- 1 in 37 Melanoma
- 1 in 48 Non-Hodgkin Lymphoma
- 1 in 50 Bladder cancer
- 1 in 57 Kidney cancer
- 1 in 95 Liver cancer
- 1 in 201 Testicular cancer
- 1 in 728 Breast cancer

Source: Cancer in Ireland, 1994-2021, National Cancer Registry Ireland (NCRI)

CASE STUDY

Ireland: World Leader in Male Health
 The Republic of Ireland was the first country in the world to adopt a National Men's Health Policy. This policy highlighted the broad range of health and wellbeing issues facing men, and outlined frameworks and strategies to address these needs. In 2017, this Policy was succeeded by the 'Healthy Ireland - Men' Action Plan. This cemented Ireland's reputation as a world-leader in addressing male health needs.

www.mhfi.org/menshealthpolicy.pdf | www.mhfi.org/Hi-M.pdf

CASE STUDY

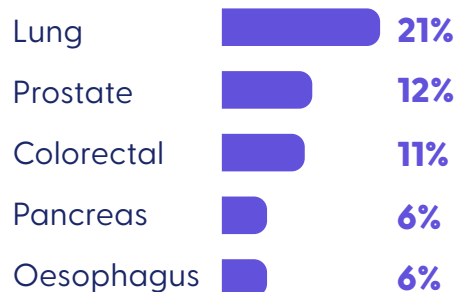
Men's Health Week
 International Men's Health Week - held in June each year - offers an annual opportunity to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices / activities; and encourage the early detection and treatment of health difficulties in males. In 2024, 95+ organisations across the island of Ireland contributed to the Planning Group for the week.

www.mhfi.org/mhw/about-mhw.html

Cancer is the cause of **30.8%** of all male deaths

CANCER DEATHS

Most common causes of male cancer death 2019-21



Source: Cancer in Ireland 1994-2021, NCRI

AGE STANDARDISED DEATH RATES (2022)



Trachea, bronchus and lung



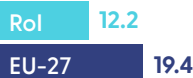
Stomach



Pancreas



Bladder



THE AGE STANDARDISED DEATH RATES IN IRELAND FOR THESE CANCERS ARE LOWER THAN THE EU-27 AVERAGE



Source: European Cancer Information System

SURVIVAL RATES

THE MORTALITY RATE FOR ALL INVASIVE CANCERS (EXCLUDING NMSC) HAS FALLEN AND THE SURVIVAL RATE HAS INCREASED



Male Age Standardised 5 Year Net Survival (all invasive cancers, excluding NMSC)

1994-1998: **40%** 2014-2018: **65%**

Source: NCRI

PROSTATE CANCER

Average annual figures 2018-2020

3,941

diagnoses

68

median age at diagnosis



30% of all invasive cancers (excluding NMSC)

Source: NCRI

TESTICULAR CANCER



TESTICULAR CANCER IS THE MOST COMMONLY DIAGNOSED CANCER AMONG MALES AGED UNDER 45

Average annual figures (2018-2020)

162

diagnoses

1.2%

of all invasive cancers (excluding NMSC)

37

median age at diagnosis



THE MORTALITY RATE FOR TESTICULAR CANCER IS LOW, AND THE SURVIVAL RATE HAS INCREASED

Source: NCRI

SKIN CANCER



THE INCIDENCE RATE FOR NON-MELANOMA SKIN CANCER HAS DOUBLED SINCE 1994

Non-Melanoma Skin Cancer (NMSC)

1994:

2,725

diagnoses

2021:

5,708

diagnoses



HOWEVER, THE MORTALITY RATE FOR NMSC IS LOW

Source: NCRI

Acute and Chronic Diseases

LONG TERM ILLNESS

In 2023

23% of males aged 15+ had a long-term illness

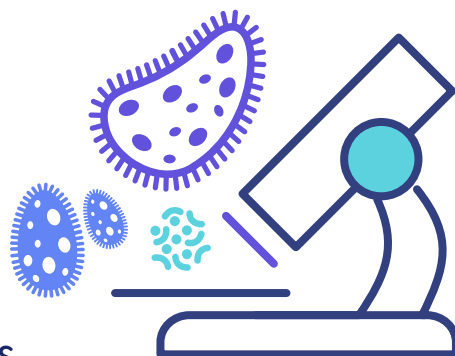
Males aged 15-19

10.5%

Males aged 75+

51%

Source: Healthy Ireland 2023



57%

OF PEOPLE HAVING A MAJOR TRAUMA WERE MALE (2021)

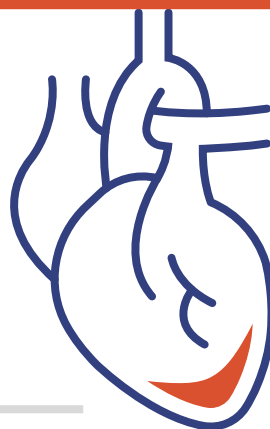


77%

OF PATIENTS TREATED FOR A MAJOR HEART ATTACK WERE MALE (2021)

57%

OF PEOPLE HAVING A STROKE WERE MALE (2022)



ISCHAEMIC HEART DISEASE

In 2022, ischaemic heart disease accounted for:

14.1%

of male deaths (2,586)

16.3%

of deaths of 55-74 year old males

13.8%

of deaths of males aged 75+

Source: CSO Table VSD51

Standardised death rate 2020:

REPUBLIC OF IRELAND

160.12

EU-27

153.49

Source: Eurostat Table hlth_cd_asdr2

DEMENTIA

In 2021

835

men died from dementia including Alzheimer's disease

Source: CSO Table VSA101



RESPIRATORY DISEASES



THE MALE DEATH RATE FOR RESPIRATORY DISEASES HAS FALLEN IN IRELAND



THE MALE DEATH RATE FOR RESPIRATORY DISEASES IS SIMILAR TO THE EU AVERAGE

In 2022, respiratory diseases accounted for:

10.2%
of male
deaths
(1,877)

7.6%
of deaths of
55-74 year
old males

12.8%
of deaths
of males
aged 75+

Standardised
death rate 2020:

REPUBLIC OF IRELAND	104.33
EU-27	100.91

Source: CSO Table VSD51

Source: Eurostat Table hlth_cd_asdr2

SEXUALLY TRANSMITTED INFECTIONS

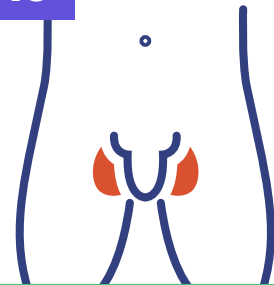


THE NUMBER OF MALES DIAGNOSED WITH GONORRHOEA HAS INCREASED

Males diagnosed with gonorrhoea

2010: **478**
2022: **3,922** (77% OF CASES)

Source: Health Protection Surveillance Centre



HOME TESTING KITS HAVE BEEN AVAILABLE SINCE 2021



THE NUMBER OF MALES DIAGNOSED WITH HIV HAS INCREASED

Males diagnosed with HIV

2012: **243**
2022: **586**

Source: Health Protection Surveillance Centre

CASE STUDY

Male Mental Health Research

The Men's Health Forum in Ireland (MHFI) coordinated two major pieces of action research into male mental health and suicide. The first of these targeted young adult men, and the second middle-aged men. Both sought to: establish the evidence base; explore key risk factors; identify models of effective practice; and implement strategies to improve the mental health and wellbeing of at risk and vulnerable groups within these age bands. A further initiative - called CAIRDE - is looking at suicide prevention in the Irish construction industry.

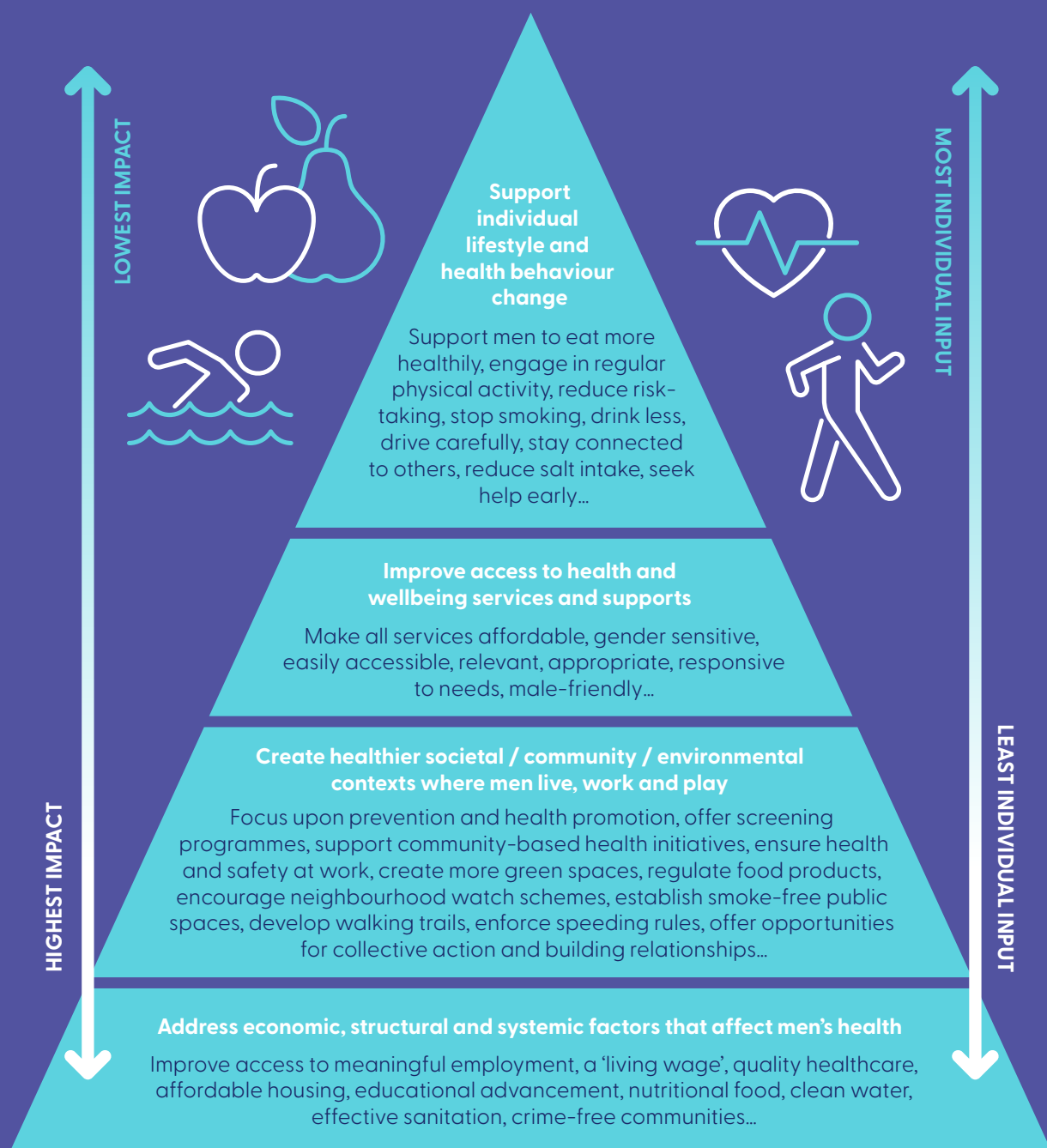
www.mhfi.org/ymspfullreport.pdf
www.mhfi.org/MAMRMreport.pdf
www.mhfi.org/cairde.html

Health Impact Pyramid

IMPROVING THE HEALTH OF MEN AND BOYS

Improving the health and wellbeing of men and boys in Ireland requires action at a number of different levels. Ireland was the first country in the world to adopt a National Men's Health Policy. This, and its successor, the Healthy Ireland Men Action Plan, offer a road map and framework for future development.

The diagram below describes some of the intervention levels and actions that need to be achieved. It draws upon the concept of a 'Health Impact Pyramid' which was proposed by Thomas Frieden [Frieden, T.R. (2010). A Framework for Public Health Action: The Health Impact Pyramid. American Journal of Public Health, 100(4), 590-595]



Resources

USEFUL SOURCES OF DATA AND FURTHER INFORMATION

If you would like to find out more about the world of men and boys in Ireland, you can visit:

Central Statistics Office
www.cso.ie

Central Statistics Office, Women and Men in Ireland Hub
www.cso.ie/en/releasesandpublications/hubs/p-wmi/womenandmeninirelandhub/

Department of Health, Health in Ireland - Key Trends 2022
<https://www.gov.ie/en/publication/fdc2a-health-in-ireland-key-trends-2022/>

Department of Health, Healthy Ireland Summary Report 2023
<https://assets.gov.ie/283794/3ef96218-68fb-4fa3-a0d2-ec687071db38.pdf>

Department of Health and Children, *National Men's Health Policy, 2008-2013*
www.mhfi.org/menshealthpolicy.pdf

Eurostat
<https://ec.europa.eu/eurostat>

Health Protection Surveillance Centre
www.hpsc.ie

Health Service Executive, *National Men's Health Action Plan: Healthy Ireland - Men, 2017-2021*
www.mhfi.org/HI-M.pdf

Men's Health Forum in Ireland
www.mhfi.org

Men's Health Forum in Ireland, *Men's Health in Numbers - Trends on the Island of Ireland*
www.mhfi.org/MensHealthInNumbers1.pdf

National Cancer Registry Ireland
www.ncri.ie

National Office for Suicide Prevention
www.hse.ie/eng/services/list/4/mental-health-services/nosp/

Sexual Violence Survey 2022
www.cso.ie/en/releasesandpublications/ep/p-svsde/sexualviolencesurvey2022disclosureofexperiences/

▶ CASE STUDY

Men's Health Online

While the Internet offers an ideal platform for accessing information about men's health and wellbeing, there is also a real danger of stumbling upon 'fake news'. The Men's Health Forum in Ireland (MHFI) website and social media channels offer a trustworthy portal of up-to-date information, as well as signposting to reliable sources of help and support.

www.mhfi.org
[www.twitter.com/MensHealthIRL](https://twitter.com/MensHealthIRL)
www.facebook.com/MensHealthForumIreland
www.youtube.com/@MHFI



CITATION

Devine, P. (2024), Men's Health in Numbers: Republic of Ireland Men's Health Report Card 2024.
Dublin: Men's Health Forum in Ireland.

This report is available online at: www.mhfi.org/MensHealthInNumbers2.pdf

