

# Men's Health in Numbers

## Northern 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 2021. 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 for the Men's Health in Numbers initiative.
- The researcher / report author – Dr Paula Devine from ARK ([www.ark.ac.uk](http://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 original initiative:
  - Prof Kevin Balanda: Public Health Researcher
  - Colin Fowler: Men's Health Forum in Ireland
  - Fergal Fox: HSE Health and Wellbeing
  - Dr Karen Galway: School of Nursing and Midwifery, QUB
  - 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/MensHealthInNumbers3.pdf](http://www.mhfi.org/MensHealthInNumbers3.pdf)

# Introduction

The Men's Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, from both Northern Ireland and the Republic of 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](http://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.

In early 2021, with financial support from the Belfast Health and Social Care Trust Carers' Support Service, work began on researching and producing a Northern Ireland version of the Report Card. 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 on the island of 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](http://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 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. The four main causes of death among males in Northern Ireland continue to be neoplasms, circulatory system diseases, respiratory system diseases, and 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 Northern Irish males now live longer, means that the overall population of males is ageing. The downside, though, is that we can expect a higher incidence of some cancers and chronic conditions in the future.

Yet, excessive alcohol use remains high. Too many males are overweight. The number of males diagnosed with gonorrhoea has increased. Many boys under-achieve in education. Among school-aged children, males are nearly three times more likely than females to have a diagnosis of autism. 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. Healthy life expectancy for males has increased.

But Northern 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.

It is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

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 on the island of 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.

Male health is not just an issue for individual men and boys. It can be determined and influenced by factors which are outside of their personal control.

Northern Ireland doesn't have a dedicated policy, strategy or action plan to improve men's health and wellbeing.

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*. However, to date, Northern Ireland hasn't developed its own dedicated policy, strategy or action plan to improve men's health and wellbeing.

We hope that these materials will be a practical resource for many organisations across the island of 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 NORTHERN IRELAND IN 2022: 1,910,543

MALES: 939,947 (49.2%)

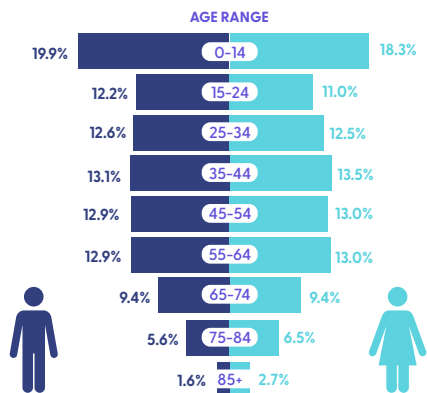


Source: Northern Ireland Statistics and Research Agency (NISRA)

## AGE PROFILE

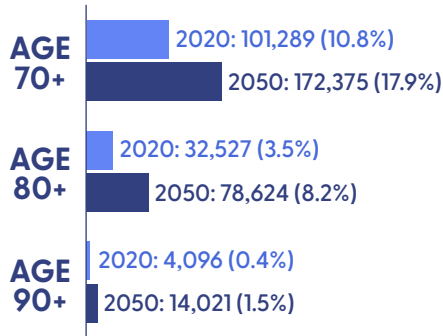


MALES HAVE A YOUNGER AGE PROFILE THAN FEMALES



Source: NISRA Mid-year Population Estimates 2022

## AGEING: OLDER MALES

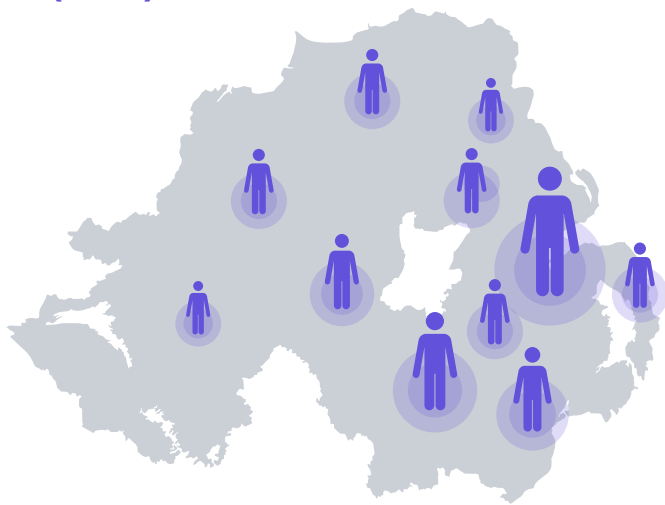


THE NUMBER OF OLDER MEN IS EXPECTED TO RISE OVER THE NEXT 30 YEARS

Source: NISRA 2020-based Population Projections

## AREA OF RESIDENCE

(2022)



| Local Government District            | Males 000s | % of NI male population |
|--------------------------------------|------------|-------------------------|
| Antrim and Newtownabbey              | 72         | 8                       |
| Ards and North Down                  | 80         | 9                       |
| Armagh City, Banbridge and Craigavon | 109        | 12                      |
| Belfast                              | 169        | 18                      |
| Causeway Coast and Glens             | 70         | 7                       |
| Derry City and Strabane              | 74         | 8                       |
| Fermanagh and Omagh                  | 58         | 6                       |
| Lisburn and Castlereagh              | 74         | 8                       |
| Mid and East Antrim                  | 68         | 7                       |
| Mid Ulster                           | 76         | 8                       |
| Newry, Mourne and Down               | 90         | 10                      |

Source: NISRA Mid-year Population Estimates 2022

## 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](http://www.mhfi.org/ActionMan.pdf)



## LIFE EXPECTANCY

### Life Expectancy at Birth



1980-1982



2020-2022



### 2020-2022 Life Expectancy at Birth by Area of Deprivation



### Healthy Life Expectancy at Birth



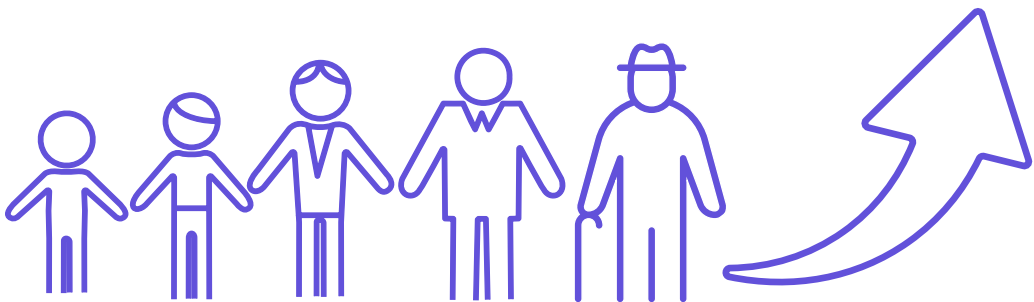
2016-2018



2020-2022



Source: Life Expectancy in Northern Ireland 2020-22 (Department of Health)



## HOMELESSNESS

**5,961** single males presented as homeless in 2023

Source: Northern Ireland Homelessness Bulletin (Department for Communities)

# Family and Relationships



## RELATIONSHIPS (2022)



**8,530** males got married

8,298  
opposite-sex  
marriages

116  
male  
marriages



**48** males in civil partnerships

9  
male civil  
partnerships

30  
opposite-sex  
civil partnerships



**2,324** divorces

**3** male civil partnerships were dissolved

Source: Registrar General Annual Report 2022

## LONE FATHERS

**11,716** males were lone parents with dependent children in 2022

(6% of all lone parent households with dependent children)



Source: NISRA Table MS-A25

### CASE STUDY

#### Engage

The Engage 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](http://www.mhfi.org/training.html)

## CARING RESPONSIBILITIES

In 2021/22:

**13%** of men had a caring responsibility

3% of men aged 16-24  
21% of men aged 45-54  
12% of men aged 75+

Source: Health Survey Northern Ireland

## CHILD PROTECTION



On 31 March 2023:

**12,590**

boys were known to Social Services as a child in need (10,285 girls)

**1,128**

boys were on the Child Protection Register (1,043 girls)

**2,019**

boys were in care (1,782 girls)

Source: Children's Social Care Statistics for Northern Ireland 2022/23 (Department of Health)

## LONELINESS



In 2022/23:

**17%** of men showed signs of loneliness

16% of men aged 65-74  
20% of men aged 55-64

Source: Health Survey Northern Ireland

# Education and Work



## EDUCATIONAL EXPERIENCE

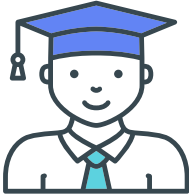
### SCHOOL ATTENDANCE



**53%** of all 16-17 year old boys are studying A levels or equivalent in schools (70% of all girls)

Source: Annual enrolments at schools and in funded pre-school education in Northern Ireland 2022/23 (Department of Education)

### THIRD LEVEL QUALIFICATION



**39.1%** of all students from Northern Ireland gaining a higher education qualification at a UK Higher Education Institute were male in 2021/22

Source: Qualifications Gained at UK Higher Education Institutions: Northern Ireland Analysis 2021/22 (Department for the Economy)

**THERE WAS A FALL IN THE PROPORTION OF YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET)**

### YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET): % OF 16-24 YR OLDS



Source: Northern Ireland Labour Force Survey (NI), Office for National Statistics (UK)

## EARNINGS (FULL-TIME)

### MEDIAN FULL-TIME GROSS ANNUAL EARNINGS (2023)



**£33,799**  
MALE EMPLOYEES



**£30,850**  
FEMALE EMPLOYEES

This means that half of all males earned above £33,799 and half earned below £33,799

### MEDIAN HOURLY EARNINGS (EXCL OVERTIME) FULL-TIME (2023)

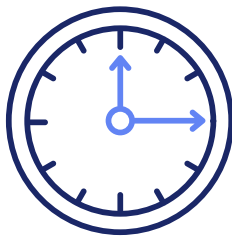
**£15.84**  
MALES

**£16.40**  
FEMALES

## HOURS WORKED



**84%** of male employees worked full-time



**59%** of female employees worked full-time

Source: Annual Survey of Hours and Earnings 2023





## LABOUR FORCE



2012:  
**9.3%**



2022:  
**2.7%**

### MALE EMPLOYMENT RATE IN NORTHERN IRELAND (% OF 16-64 AGE GROUP)



Source: Labour Force Survey

## OCCUPATION GROUPS

| October 2022–September 2023                      | Number of males (000s) | % of workers who are male |
|--|------------------------|---------------------------|
| Skilled trades occupations                       | 99.0                   | 92.9                      |
| Process, plant and machine operatives            | 47.8                   | 87.1                      |
| Managers, directors and senior officials         | 44.6                   | 63.4                      |
| Elementary occupations                           | 46.5                   | 53.8                      |
| Associate professional and technical occupations | 48.5                   | 51.1                      |
| Sales and customer service occupations           | 31.8                   | 45.8                      |
| Professional occupations                         | 96.2                   | 45.1                      |
| Administrative and secretarial occupations       | 36.0                   | 34.9                      |
| Caring, leisure and other service occupations    | 13.2                   | 14.6                      |
| <b>TOTAL</b>                                     | <b>435.8</b>           | <b>51.5</b>               |

Source: NOMIS, Annual Population Survey

### 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>

# Health and Lifestyle



## SELF-REPORTED HEALTH

In 2022/23:

- 74%** of males rated their health as good or very good
- 93%** of males **aged 16-24** rated their health as good or very good
- 55%** of males **aged 75+** rated their health as good or very good

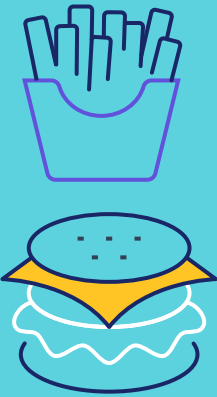
## LONG-TERM CONDITION

**37%** of males aged 16+ had physical or mental health conditions or illnesses lasting or expected to last 12 months or more in 2022/23



## NUTRITION

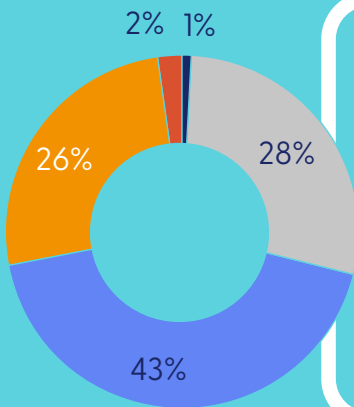
**43%** of males consumed 5 or more portions of fruit and vegetables in 2022/23



**61%** of males had consumed fast food in the previous week in 2022/23

## WEIGHT

In 2019/20, of males aged 16+



- 1%** underweight
- 28%** normal weight
- 43%** overweight
- 26%** obese
- 2%** morbidly obese

In 2019/20, **5% OF 2-15 YEAR OLDS, 35% OF 45-54 YEAR OLDS AND 38% OF 65-74 YEAR OLDS WERE OBESE**



Source: Health Survey Northern Ireland

## SMOKING

% of men who smoke cigarettes

2010/11: **25%**

2022/23: **15%**



**10%**  
of men use  
e-cigarettes



THE NUMBER OF  
MALE SMOKERS HAS  
FALLEN SINCE 2010/11

BUT THE NUMBER  
OF MEN WHO VAPE  
HAS INCREASED



Source: Health Survey Northern Ireland

## ALCOHOL AND DRUG USE

In 2022/23:

**81%** of men drank alcohol

**25%** of men drank above  
recommended weekly limits



Source: Health Survey Northern Ireland

**1,989** males were treated for  
problem alcohol or drug use

**67%** of people being treated for problem  
alcohol and drug use were male



Source: Substance Misuse Database 2022/23

## LIFE SATISFACTION

In 2022/23:

**81%**  
of men had **high** or  
**very high** levels of  
satisfaction with life



**19%**  
of men had  
**medium** or  
**low** levels of  
satisfaction  
with life



Source: Health Survey Northern Ireland

## MENTAL HEALTH

A high score on the GHQ-12 scale indicates  
a possible mental health problem

**18%**  
of men had a high score on  
the GHQ-12 scale in 2022/23

**14%** of men aged 35-44 or 65+

**24%** of men aged 45-54



In 2022/23, **29%** of males  
reported having concerns  
about their own mental  
health in the past year. Of  
these, 63% had sought help.

Source: Health Survey Northern Ireland

# Cause of Death



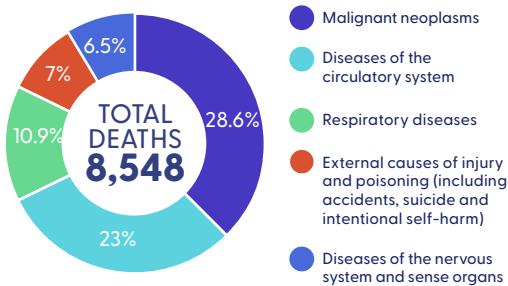
Average age at death in 2022:

**MALES: 74.8 YEARS**  
**FEMALES: 80.1 YEARS**

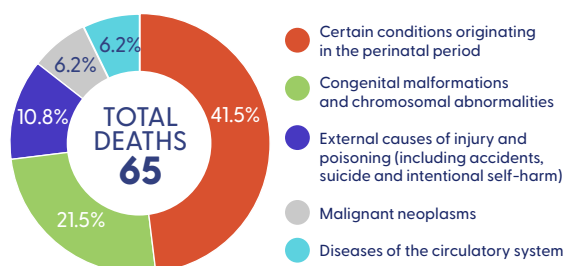


**CANCER IS THE LEADING CAUSE OF DEATH FOR MALES**

## LEADING CAUSES OF DEATH FOR MALES IN N. IRELAND (2022)

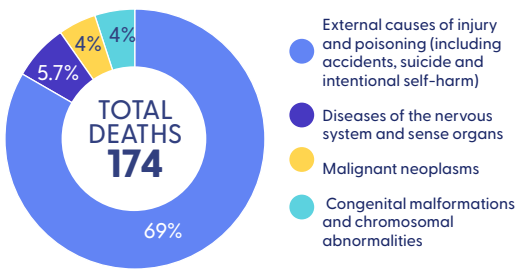


## LEADING CAUSES OF DEATH FOR 0-14 YEAR OLD MALES

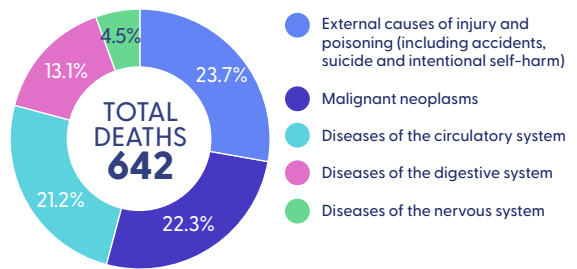


**EXTERNAL CAUSES OF INJURY AND POISONING (INCLUDING ACCIDENTS, SUICIDE AND INTENTIONAL SELF-HARM) IS THE LEADING CAUSE OF DEATH FOR 15-34 YEAR OLD MALES**

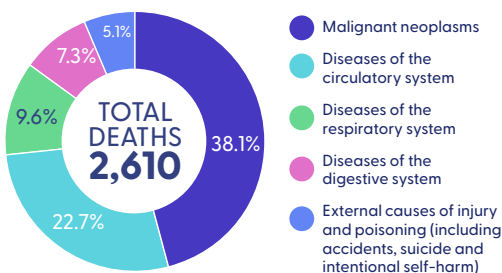
## LEADING CAUSES OF DEATH FOR 15-34 YEAR OLD MALES



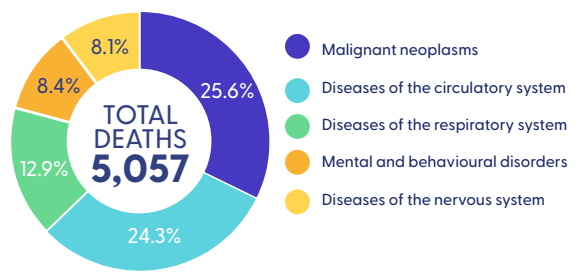
## LEADING CAUSES OF DEATH FOR 35-54 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 55-74 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 75+ YEAR OLD MALES



Source: Registrar General Annual Report 2022



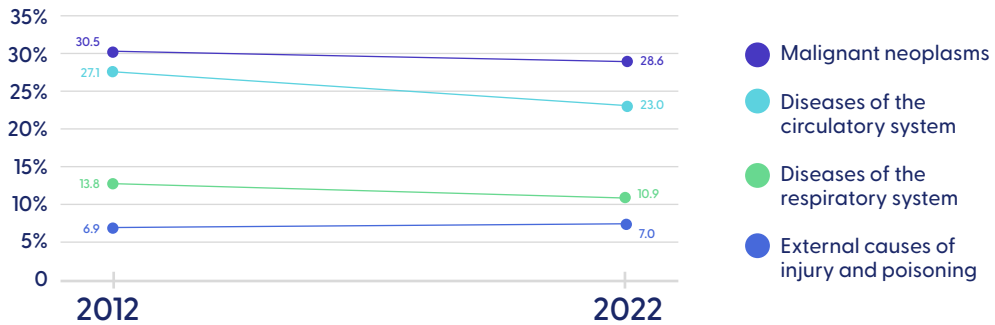
**BETWEEN 2020 AND 2022, 2,184 MALES DIED OF COVID-19**



**CANCER IS THE LEADING CAUSE OF DEATH FOR MALES AGED 55+**

# 10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

## % OF ALL MALE DEATHS



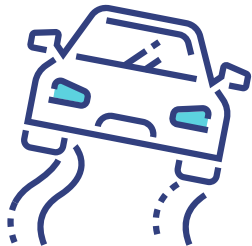
Source: Registrar General Cause of Death Tables 2022

### 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](http://www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php)

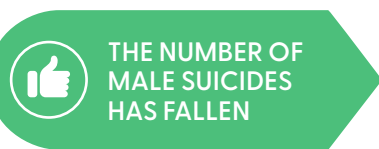


## ROAD FATALITIES

**47** males died in transport accidents in 2022

Source: Registrar General Annual Report 2022

## SUICIDE



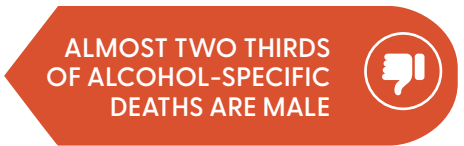
### MALE DEATHS BY SUICIDE

2012: **215**    2022: **156**

Source: NISRA Suicide Statistics

## ALCOHOL RELATED DEATHS

MALE ALCOHOL-SPECIFIC DEATHS  
2002: **141**  
2022: **232**



Source: Alcohol-Specific Deaths Registered in Northern Ireland (2022)

### CASE STUDY

#### GAA Healthy Club Project

The GAA Healthy Club Project supports local clubs to explore how they can best support the holistic health of their members, and the communities that they serve, by: reflecting upon what they are already doing well; identifying areas where they would like to improve; and empowering them to ensure that everyone who engages with their club - in whatever capacity - benefits from the experience in a health-enhancing way.

[www.gaa.ie/my-gaa/community-and-health/healthy-club](http://www.gaa.ie/my-gaa/community-and-health/healthy-club)



# Males and Cancer



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

Cancer diagnoses, excluding non-melanoma skin cancer (NMSC):  
1993: **3,107** 2020: **4,783**

Source: Northern Ireland Cancer Registry

**THE AGE STANDARDISED INCIDENCE RATE FOR MALES IS HIGHER THAN FOR FEMALES**

In 2020:

Males: **613.3** Females: **488.1**

Source: Northern Ireland Cancer Registry

## CANCER RISK

In 2016-2020, before the age of 85 the risk of a man developing:

- 1 in 2.1 Any cancer (excluding NMSC)
- 1 in 4 Non-melanoma skin cancer
- 1 in 7 Prostate cancer
- 1 in 11 Lung cancer
- 1 in 12 Colorectal cancer
- 1 in 36 Lymphoma
- 1 in 37 Head and neck cancer
- 1 in 40 Kidney cancer
- 1 in 45 Bladder cancer
- 1 in 48 Malignant melanoma
- 1 in 52 Oesophageal cancer
- 1 in 53 Pancreatic cancer
- 1 in 54 Leukaemia
- 1 in 65 Stomach cancer
- 1 in 81 Liver cancer
- 1 in 93 Brain cancer
- 1 in 170 Gallbladder cancer
- 1 in 179 Testicular cancer
- 1 in 241 Thyroid cancer

Source: Northern Ireland Cancer Registry

**MEDIAN AGE AT DIAGNOSIS: 71**

**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](http://www.mhfi.org/mhw/about-mhw.html)

**CANCER IS THE CAUSE OF 29% OF ALL MALE DEATHS**


**CASE STUDY**  
**MANifest**  
The 'MANifest' programme was developed by the Men's Health Forum in Ireland, Western Health and Social Care Trust and Men's Development Network. It offers workshops across Northern Ireland which assist a broad range of practitioners and service providers to explore the key issues that impact men and their mental wellbeing, and help them to understand what works - in order to be able to effectively engage with men and signpost them to a range of services.  
<https://mhfi.org/training.html>

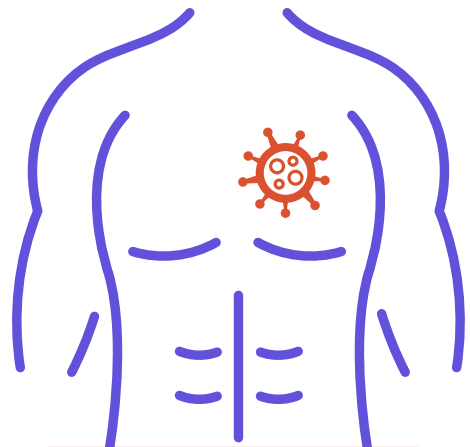
## CANCER DEATHS

**Number of Cancer Deaths (2022)**

|                     |              |
|---------------------|--------------|
| Malignant Neoplasms | <b>2,442</b> |
| Bronchus and lung   | <b>535</b>   |
| Prostate            | <b>280</b>   |
| Oesophagus          | <b>162</b>   |
| Colon               | <b>153</b>   |
| Pancreas            | <b>150</b>   |
| Liver               | <b>124</b>   |

Source: Registrar General Cause of Death Tables 2022

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



## MALE SURVIVAL RATES

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


1996-2000: **38.4%**

2011-2015: **55.2%**

THE MORTALITY RATE FOR ALL CANCERS (EXCLUDING NMSC) IS HIGHEST IN THE MOST DEPRIVED AREAS 


## PROSTATE CANCER

1993: **469** diagnoses      Median age at diagnosis:  
2020: **1,224** diagnoses      **71**

 PROSTATE CANCER IN 2016-20: 25% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 12% OF ALL CANCER DEATHS


## LUNG CANCER

1993: **565** diagnoses      Median age at diagnosis:  
2020: **721** diagnoses      **73**

 LUNG CANCER IN 2016-20: 14% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 24% OF CANCER DEATHS

## TESTICULAR CANCER

1993: **54** diagnoses      Median age at diagnosis:  
2020: **63** diagnoses      **36**

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


 THE INCIDENCE RATE OF TESTICULAR CANCER IS HIGHEST IN THE MOST AFFLUENT AREAS


## SKIN CANCER

Non-Melanoma Skin Cancer (NMSC)

1993: **929** diagnoses

2020: **1,885** diagnoses

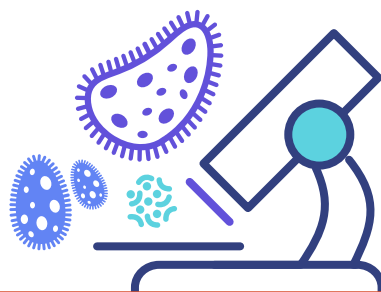
 THE INCIDENCE OF NON-MELANOMA SKIN CANCER HAS DOUBLED SINCE 1993

 HOWEVER, THE MORTALITY RATE FOR NMSC IS LOW

 THE INCIDENCE RATE OF NMSC IS HIGHEST IN THE MOST AFFLUENT AREAS

Source: Northern Ireland Cancer Registry

# Acute and Chronic Diseases



THE PROPORTION OF MALE DEATHS DUE TO DISEASES OF THE CIRCULATORY SYSTEM HAS DECREASED



THE MALE DEATH RATE FOR ISCHAEMIC HEART DISEASE HAS FALLEN

THE PROPORTION OF DEATHS DUE TO ISCHAEMIC HEART DISEASE IS HIGHER FOR MALES THAN FOR FEMALES

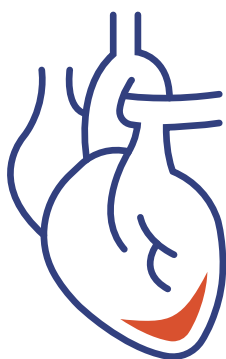


## ISCHAEMIC HEART DISEASE

### Crude death rate

2009: **145 per 100,000**

2022: **107 per 100,000**



In 2022, ischaemic heart disease accounted for:

**11.7%**  
of male deaths

**13.3%**  
of deaths of 35-74  
year old males

**11.3%**  
of deaths of  
males aged 75+

## DEMENTIA



In 2022

**634**  
men died from  
dementia  
including  
Alzheimer's  
disease

Source: Registrar General Cause of Death Tables 2022

Source: Registrar General Cause of Death Tables 2022

### CASE STUDY

#### Men on the Move

Men on the Move is a free, twelve week, community-based beginners' physical activity programme for inactive adult men. It is delivered by Local Sport Partnerships in conjunction with the HSE and Sport Ireland, and creates an environment within which participants can connect with their surroundings and other men. It consists of structured group exercise, experiential workshops, resources and a final celebration event.

[www.sportireland.ie/YPB/MOM](http://www.sportireland.ie/YPB/MOM)



## RESPIRATORY DISEASES



In 2022, respiratory diseases accounted for:

**10.9%**

of male  
deaths

**9.6%**

of deaths of  
55-74 year  
old males

**12.9%**

of deaths  
of males  
aged 75+

Source: Registrar General Cause of Death Tables 2022

## SCHOOL-AGE AUTISM

Autism prevalence rate among  
school-aged children:

Males: **7.3%**

Females: **2.7%**

AMONG SCHOOL-AGED  
CHILDREN, MALES ARE NEARLY  
THREE TIMES MORE LIKELY  
THAN FEMALES TO HAVE  
A DIAGNOSIS OF AUTISM



Source: The Prevalence of Autism (including Asperger Syndrome) in School Age Children in Northern Ireland 2023 (Department of Health)

## SEXUALLY TRANSMITTED INFECTIONS



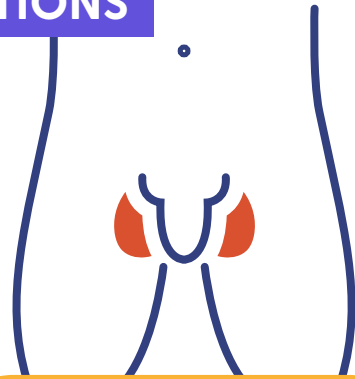
THE NUMBER OF MALES  
DIAGNOSED WITH  
GONORRHOEA HAS INCREASED

Males diagnosed with gonorrhoea

2013: **384**

2022: **1,282** (80% of cases)

Source: STI Surveillance Report in Northern Ireland 2023  
(Public Health Agency)



THE NUMBER OF MALES  
DIAGNOSED WITH HIV  
IS SIMILAR TO 2012

### 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](http://www.mhfi.org/ymspfullreport.pdf)

[www.mhfi.org/MAMRMreport.pdf](http://www.mhfi.org/MAMRMreport.pdf)

[www.mhfi.org/cairde.html](http://www.mhfi.org/cairde.html)

#### New diagnoses of HIV in Northern Ireland

2012: **68 males**

2022: **71 males**

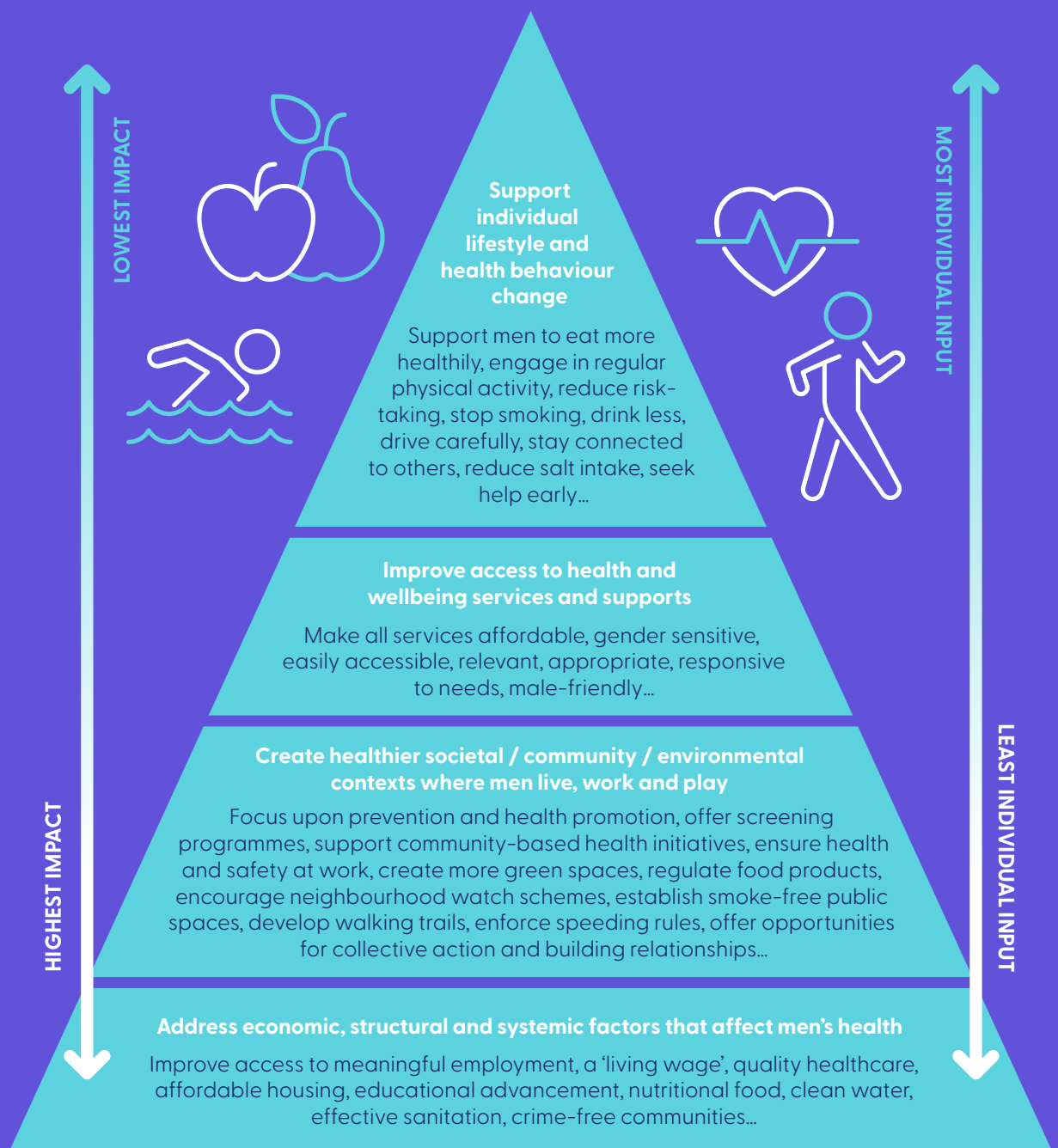
Source: HIV Surveillance in Northern Ireland 2023  
(Public Health Agency)

# Health Impact Pyramid

## IMPROVING THE HEALTH OF MEN AND BOYS

Improving the health and wellbeing of men and boys on the island of Ireland and elsewhere requires action at a number of different levels.

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 Northern Ireland, you can visit:

ARK

<https://www.ark.ac.uk>

Department for Communities

<https://www.communities-ni.gov.uk>

Department of Education

<https://www.education-ni.gov.uk>

Department of Health

<https://www.health-ni.gov.uk>

Eurostat

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

Health Survey Northern Ireland

<https://www.health-ni.gov.uk/topics/doh-statistics-and-research/health-survey-northern-ireland>

Men's Health Forum in Ireland

<https://www.mhfi.org>

Men's Health in Numbers - Trends on the Island of Ireland

<https://www.mhfi.org/MensHealthInNumbers1.pdf>

Northern Ireland Cancer Registry

<https://www.qub.ac.uk/research-centres/nicr>

Northern Ireland Life and Times Survey

<https://www.ark.ac.uk/nilt>

Northern Ireland Statistics and Research Agency (NISRA)

<https://www.nisra.gov.uk>

Office for National Statistics

<https://www.ons.gov.uk>

Public Health Agency

<https://www.publichealth.hscni.net>

### ▶ 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](http://www.mhfi.org)

[www.twitter.com/MensHealthIRL](https://www.twitter.com/MensHealthIRL)

[www.facebook.com/MensHealthForumIreland](https://www.facebook.com/MensHealthForumIreland)

[www.youtube.com/@MHFI](https://www.youtube.com/@MHFI)



**CITATION**

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

This report is available online at: [www.mhfi.org/MensHealthInNumbers3.pdf](http://www.mhfi.org/MensHealthInNumbers3.pdf)

