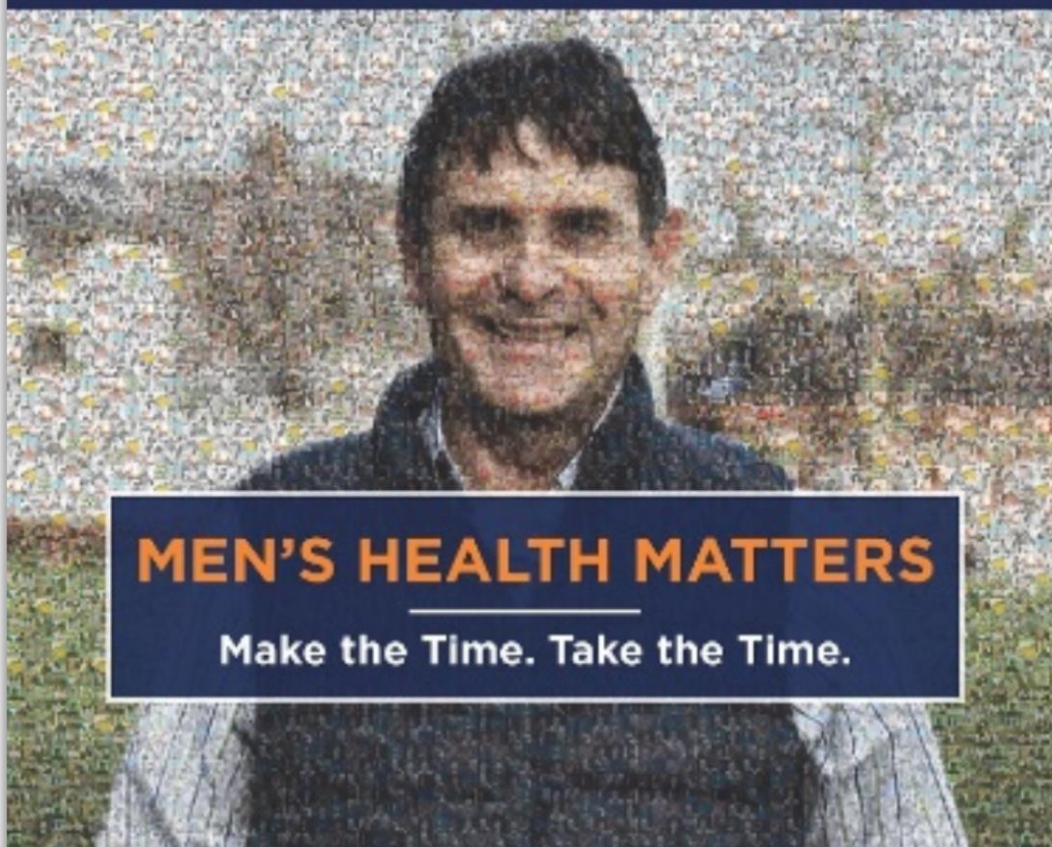


# Daily Social Media Themes for Men's Health Week 2019

## MEN'S HEALTH WEEK

**Monday 10th - Sunday 16th June 2019**



**MEN'S HEALTH MATTERS**

**Make the Time. Take the Time.**

**#MensHealthWeek**

Find out more at: [www.mhfi.org](http://www.mhfi.org)

**#MensHealthMatters**



Healthy Children  
Strong Future  
a Priority

men's health  
FORUM  
in Ireland



HSC Public Health  
Agency  
Project supported by the PHS



# Purpose of this Document

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore!

When preparing for Men's Health Week (MHW) 2019, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during MHW, as well as on the days leading up to it. The themes decided upon were ...

- Friday 7<sup>th</sup> June - Men's Health Week - it's a matter of fact
- Saturday 8<sup>th</sup> June - Connections do matter
- Sunday 9<sup>th</sup> June - What we eat matters
- Monday 10<sup>th</sup> June - Mental fitness really matters
- Tuesday 11<sup>th</sup> June - The heart of the matter
- Wednesday 12<sup>th</sup> June - Cancer awareness matters
- Thursday 13<sup>th</sup> June - Quitting smoking matters
- Friday 14<sup>th</sup> June - Drinking less matters
- Saturday 15<sup>th</sup> June - Sports Saturday... being active matters
- Sunday 16<sup>th</sup> June - Family matters

However, anything which highlights men's health issues and needs during MHW 2019 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During Men's Health Week 2019, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags:

## #MensHealthWeek and #MensHealthMatters

This paper seeks to help those people who would like to support MHW 2019 by using their own social media channels, but who don't have the time, energy or knowledge to develop their own messages. Therefore, on each day of the week, there is a range of suggested Posts and Tweets (and, often, graphics / videos) that you can simply cut-and-paste from. Some of these refer to research / events / resources / support / help in the Republic of Ireland, while others have a Northern Ireland focus. When this is the case, they will be accompanied by either [RoI] or [NI]. However, the core information given in either of these will be useful to everyone.

There are message options presented for each day of the week. Feel free to use them all, or pick and choose the ones that suit yourself / your organisation / your location.

We hope that you might be willing to promote MHW 2019 on your social media outlets this year. Even loading a few things to your website / Facebook page / Twitter feed / other social media platform can, and will, make a huge difference to publicising the week. It's also an easy and free way to show your support.



Friday 7<sup>th</sup> June 2019

## Men's Health Week - It's a Matter of Fact



### **The Final Countdown to Men's Health Week 2019 has begun ...**

We're nearly there. The clock is ticking. It won't be long now until International #MensHealthWeek (MHW). This year, it will run from Monday 10<sup>th</sup> until Sunday 16<sup>th</sup> June 2019.

Men on the island of Ireland experience a disproportionate burden of ill-health and die too young. Therefore, it goes without saying, that #MensHealthMatters. During MHW 2019, everyone in Ireland is encouraged to both MAKE THE TIME and TAKE THE TIME to do something practical to improve their own health and the health of the men and boys that they come into contact with - as well as to celebrate the week.

To find out more about MHW 2019 and how you can support it / get involved, visit:  
[www.mhfi.org/mhw/mhw-2019.html](http://www.mhfi.org/mhw/mhw-2019.html)



Men's Health Week 2019 is almost here. Do you know everything that you need to know? If not, check out: [www.mhfi.org/mhw2019toolbox.pdf](http://www.mhfi.org/mhw2019toolbox.pdf) #MensHealthMatters

Stuck for ideas on how to mark #MensHealthWeek 2019? ... If so, see:  
[www.mhfi.org/mhw2019celebrateit.pdf](http://www.mhfi.org/mhw2019celebrateit.pdf)

#MensHealthMatters Have you seen the 'Challenges and Choices' Man Manual for Men's Health Week yet? View the preview copy at: [www.mhfi.org/challenges2019.pdf](http://www.mhfi.org/challenges2019.pdf)

You can easily support #MensHealthWeek 2019 by using one or more of the graphics and images at: [www.mhfi.org/mhw/mhw-image-pack.html](http://www.mhfi.org/mhw/mhw-image-pack.html)

Find out about some of the events being held to mark #MensHealthWeek 2019 in Ireland by visiting: [www.mhfi.org/mhw2019events.pdf](http://www.mhfi.org/mhw2019events.pdf) #MensHealthMatters

## Possible Images / Animation / Videos ...

	<p>Available at:  <a href="http://www.mhfi.org/mhw/mhw-image-pack.html#Badge2019">www.mhfi.org/mhw/mhw-image-pack.html#Badge2019</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/mhw/mhw-image-pack.html#Generic">www.mhfi.org/mhw/mhw-image-pack.html#Generic</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/mhw/mhw-image-pack.html#Banner2019">www.mhfi.org/mhw/mhw-image-pack.html#Banner2019</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/mhw/mhw-image-pack.html#Poster2019">www.mhfi.org/mhw/mhw-image-pack.html#Poster2019</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/mhw/mhw-image-pack.html#Poster2019">www.mhfi.org/mhw/mhw-image-pack.html#Poster2019</a></p>
	<p>Facebook Cover Photo available at:  <a href="http://www.mhfi.org/mhwfacebookcover.jpg">www.mhfi.org/mhwfacebookcover.jpg</a></p>

	<p>Available at:  <a href="http://www.mhfi.org/manual2019cover.JPG">www.mhfi.org/manual2019cover.JPG</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/toolbox2019cover.JPG">www.mhfi.org/toolbox2019cover.JPG</a></p>
	<p>Video available at:  <a href="https://youtu.be/GN2RuQTz38">https://youtu.be/GN2RuQTz38</a></p>
	<p>Video available at:  <a href="https://youtu.be/PW88Qk4S79M">https://youtu.be/PW88Qk4S79M</a></p>
	<p>Animation available at:  <a href="https://youtu.be/xPMwoSVktvw">https://youtu.be/xPMwoSVktvw</a></p>



Saturday 8<sup>th</sup> June 2019

Connections Do Matter



### **Keeping Connected Matters**

Building stronger and wider social connections can help us to feel happier and more secure. It also gives us a greater sense of purpose and belonging. Social connections strengthen our immune system, help us to recover from disease faster, and may even lengthen our life. People who feel connected to others have lower rates of anxiety and depression.

During #MensHealthWeek 2019, remember that maintaining and sustaining our relationships with others really does matter!

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Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2019 to build upon and improve your connections with others?  
#MensHealthMatters

Men's Sheds make for healthier, happier men. Healthier, happier men make for stronger and richer relationships. This #MensHealthWeek find your local Shed at: [www.menssheds.ie/shed-directory](http://www.menssheds.ie/shed-directory)

**[NI]** Maintaining healthy relationships requires effort and facing challenges. How are you going to make the time / take the time for yours? #MensHealthMatters so visit: [www.relateni.org](http://www.relateni.org)

**[RoI]** Maintaining healthy relationships requires effort and facing challenges. How are you going to make the time / take the time for yours? #MensHealthMatters so visit: [www.accord.ie](http://www.accord.ie)

## Possible Images...

	<p>Available at:  <a href="http://www.mhfi.org/Take5.jpg">www.mhfi.org/Take5.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/Connect.jpg">www.mhfi.org/Connect.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/BeActive.jpg">www.mhfi.org/BeActive.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/KeepLearning.jpg">www.mhfi.org/KeepLearning.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/Give.jpg">www.mhfi.org/Give.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/TakeNotice.jpg">www.mhfi.org/TakeNotice.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/IMSA.png">www.mhfi.org/IMSA.png</a></p>

Sunday 9<sup>th</sup> June 2019

## What We Eat Matters



### What we eat matters

A well-balanced diet not only improves your general health, sense of wellbeing and helps maintain a healthy weight, but can also lower your cholesterol, keep your blood pressure down, and reduce your risk of developing heart disease, diabetes and some cancers.

What men eat really matters! To find out why, check out: <https://irishheart.ie/your-health/ways-to-live-better/healthy-eating> | [www.choosetolivebetter.com](http://www.choosetolivebetter.com) | [www.safefood.eu/Healthy-Eating.aspx](http://www.safefood.eu/Healthy-Eating.aspx) | [www.enjoyhealthyeating.info](http://www.enjoyhealthyeating.info)

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The amount of sugar in energy drinks may surprise you. Some contain up to 17 teaspoons of sugar. Does this matter to you during #MensHealthWeek 2019? - [www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Facts-about-energy-drinks.aspx](http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Facts-about-energy-drinks.aspx)

Did you know that alcoholic drinks are very high in calories? This #MensHealthWeek check out [www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Calorie-guide-to-alcoholic-drinks.aspx](http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Calorie-guide-to-alcoholic-drinks.aspx) and take a step towards cutting back.

Eating too much salt results in high blood pressure which can lead to stroke or heart disease: [www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Shake-the-salt-habit.aspx](http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Shake-the-salt-habit.aspx) Shake the habit for #MensHealthWeek 2019.

Men with a waist size of over 37 inches are at increased risk of some health conditions. #MensHealthMatters so tighten-up this #MensHealthWeek See: [www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Measure-your-waist.aspx](http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Measure-your-waist.aspx)

**[RoI]** 42% of men aged between 51 and 64 are now obese and a further 44% are overweight. This #MensHealthWeek follow some positive steps for a healthier lifestyle that will help to minimise the risks of heart disease and stroke: <https://irishheart.ie/your-health/ways-to-live-better>



**[NI]** 42% of men aged between 51 and 64 are now obese and a further 44% are overweight. This #MensHealthWeek follow some positive steps for a healthier lifestyle that will help to minimise the risks of heart disease and stroke: <https://nichs.org.uk/your-health/how-to-keep-healthy>

**[RoI]** What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the different types of food that make up a healthy balanced diet. Visit <https://irishheart.ie/your-health/ways-to-live-better/healthy-eating>

**[NI]** What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the different types of food that make up a healthy balanced diet. Visit <https://nichs.org.uk/your-health/how-to-keep-healthy/eat-a-balanced-diet>

One of the best ways to prevent cardiovascular disease such as stroke, heart attack and angina is to have a well-balanced diet to keep your cholesterol level low. #MensHealthWeek <https://irishheart.ie/your-health/ways-to-live-better/cholesterol>

Men - are you struggling to shed those extra pounds? Here are some gut busting tips to help you: [www.safefood.eu/Healthy-Eating/Weight-Loss/Advice-and-help/Gut-busting-tips-for-men.aspx](http://www.safefood.eu/Healthy-Eating/Weight-Loss/Advice-and-help/Gut-busting-tips-for-men.aspx) #MensHealthMatters

## Possible Images / Videos ...

 <p>The infographic displays a grid of energy drink cans with their respective sugar and caffeine levels. Brands include Red Bull, Monster, Rockstar, and others. It also includes a table with detailed nutritional information for each brand.</p>	<p>Available at:  <a href="http://www.mhfi.org/Image6Safefood.jpg">www.mhfi.org/Image6Safefood.jpg</a></p>
 <p>The infographic provides a comprehensive guide to the calorie content of different alcoholic drinks. It categorizes drinks into spirits, wine, and beer, and includes a table with specific calorie counts for popular brands and types.</p>	<p>Available at:  <a href="http://www.mhfi.org/Image7Safefood.jpg">www.mhfi.org/Image7Safefood.jpg</a></p>



Available at:  
[www.mhfi.org/Image9Safefood.jpg](http://www.mhfi.org/Image9Safefood.jpg)



Available at:  
[www.mhfi.org/Image12Safefood.jpg](http://www.mhfi.org/Image12Safefood.jpg)



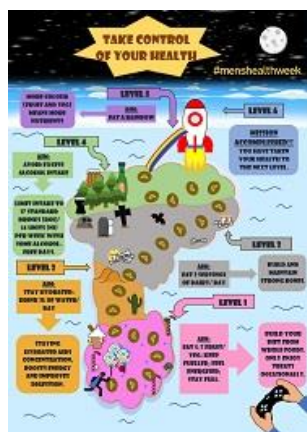
Available at:  
[www.mhfi.org/EnergyBalance.jpg](http://www.mhfi.org/EnergyBalance.jpg)



Available at:  
[www.mhfi.org/FoodLabelling.png](http://www.mhfi.org/FoodLabelling.png)



Available at:  
[www.mhfi.org/MachoMythBusting.png](http://www.mhfi.org/MachoMythBusting.png)



Available at:  
[www.mhfi.org/TakeControl.jpg](http://www.mhfi.org/TakeControl.jpg)



Available at:  
[www.mhfi.org/BoysBuffet.jpg](http://www.mhfi.org/BoysBuffet.jpg)



Available at:  
[www.mhfi.org/MythBusting.png](http://www.mhfi.org/MythBusting.png)

Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:  
[www.youtube.com/watch?v=PayqDOEry20](https://www.youtube.com/watch?v=PayqDOEry20)

Vinny talks about his weight loss journey, when he shed 18 stone in 24 months:  
[www.youtube.com/watch?v=kpcxAZj5MFM](https://www.youtube.com/watch?v=kpcxAZj5MFM)

## Monday 10<sup>th</sup> June 2019

### Mental Fitness Really Matters



#### Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mental health is more than simply the absence of problems. It is just as important as good physical health, and maintaining mental fitness should be a priority for everyone. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life and think of them as your 'five-a-day' for wellbeing ...

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, swim or cycle, play a game, do some gardening ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you're in.
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign-up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Find ways to work together with others on things rather than on your own.

During #MensHealthWeek 2019 take the first small steps towards improving your mental fitness. For practical help, support, tips and advice, visit: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or [www.mindingyourhead.info](http://www.mindingyourhead.info)



It's Men's Mental Fitness Day during #MensHealthWeek 2019. Here are some tips for small steps to improve your mental wellbeing: [www.3ts.ie/blog/mental-wellness](http://www.3ts.ie/blog/mental-wellness)

**[Rol]** If your head's all over the place this #MensHealthWeek start by visiting: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) - because #MensHealthMatters

**[NI]** If your head's all over the place this #MensHealthWeek start by visiting:  
[www.mindingyourhead.info](http://www.mindingyourhead.info) - because #MensHealthMatters

**[RoI]** #MensHealthMatters Young men can find local services and supports to help their mental fitness by visiting [www.youthhealth.ie/signposts](http://www.youthhealth.ie/signposts) this #MensHealthWeek

It's #MensHealthWeek and the stigma surrounding mental health is a huge barrier that many men face. Here is some information on what stigma is: <https://seechange.ie/wp-content/uploads/2018/02/See-Change-What-is-Stigma-A5-brochure-HR.pdf>  
#MensHealthMatters

We all need support at some times in our lives, and it's good to talk about the things which are bothering us. The Samaritans can offer a free and confidential service to anyone who needs it this #MensHealthWeek - [www.samaritans.org/your-community/samaritans-ireland-scotland-and-wales/samaritans-ireland](http://www.samaritans.org/your-community/samaritans-ireland-scotland-and-wales/samaritans-ireland)

Here's ten practical tips from Mental Health Ireland on how to build resilience and wellbeing this #MensHealthWeek ... [www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Building-Resilience-Wellbeing-Flyer.pdf](http://www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Building-Resilience-Wellbeing-Flyer.pdf)

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## Possible Images / Videos ...



Available at:  
[www.mhfi.org/TakeFive.JPG](http://www.mhfi.org/TakeFive.JPG)



Available at:  
[www.mhfi.org/Take5.jpg](http://www.mhfi.org/Take5.jpg)

	<p>Available at:  <a href="http://www.mhfi.org/Connect.jpg">www.mhfi.org/Connect.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/BeActive.jpg">www.mhfi.org/BeActive.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/KeepLearning.jpg">www.mhfi.org/KeepLearning.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/Give.jpg">www.mhfi.org/Give.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/TakeNotice.jpg">www.mhfi.org/TakeNotice.jpg</a></p>
	<p>Range of mental fitness posters available at:  <a href="https://www2.hse.ie/services/campaigns/littlethings/posters.html">https://www2.hse.ie/services/campaigns/littlethings/posters.html</a></p>





Available at:  
[www.mhfi.org/MentalFitness.png](http://www.mhfi.org/MentalFitness.png)

**See Change Ambassador Neil Kelders reflects upon the need to talk about what you're going through and the support you require: [www.youtube.com/watch?v=B6A\\_NU2\\_Wy4](http://www.youtube.com/watch?v=B6A_NU2_Wy4)**

**See Change Ambassador Rick Rossiter talks about the importance of not hiding behind a mask and seeking help and support when you need it:  
[www.youtube.com/watch?v=ZCvINh9gWHc](http://www.youtube.com/watch?v=ZCvINh9gWHc)**

**Derek talks about his struggle with anxiety and the steps that he took to deal with it:  
[www.youtube.com/watch?v=7QnIJExR0eA](http://www.youtube.com/watch?v=7QnIJExR0eA)**

Tuesday 11<sup>th</sup> June 2019

## The Heart of the Matter



### Would you know the symptoms of a heart attack?

Men - take the first steps towards protecting yourself during #MensHealthWeek 2019 and learn the symptoms of a heart attack. Why? ... because #MensHealthMatters

For more information, visit: <https://irishheart.ie/news/heart-of-the-matter-the-difference-between-heart-attack-and-cardiac-arrest> and <https://nichs.org.uk/your-health/heart-conditions/mens-heart-facts>

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**[RoI]** Prevention is better than cure. Take practical steps to look after your heart health today! #MensHealthMatters Visit: <https://irishheart.ie/your-health/ways-to-live-better> this #MensHealthWeek

**[NI]** Prevention is better than cure. Take practical steps to look after your heart health today! #MensHealthMatters Visit: [www.nichs.org.uk/how-to-keep-healthy](http://www.nichs.org.uk/how-to-keep-healthy) this #MensHealthWeek

Do you know the top ten symptoms of a heart attack experienced by men? If not, check them out this #MensHealthWeek at: <https://nichs.org.uk/your-health/heart-conditions/mens-heart-facts>

#MensHealthMatters Know the symptoms of a heart attack this #MensHealthWeek - it could save your life: <https://irishheart.ie/heart-and-stroke-conditions-a-z/heart-attack/>

Listen to your heart, not your head during #MensHealthWeek 2019! View 'A Man's Guide to Heart Health' at: <http://irishheart.ie/wp-content/uploads/2017/01/AMansGuideToHealth.pdf>

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## Possible Images ...

	<p>Available at:  <a href="http://www.mhfi.org/HeartAttackSymptoms.png">www.mhfi.org/HeartAttackSymptoms.png</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/Heartburn-or-Heart-Attack.jpg">www.mhfi.org/Heartburn-or-Heart-Attack.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/MensHeartGuide.png">www.mhfi.org/MensHeartGuide.png</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/STOP.jpg">www.mhfi.org/STOP.jpg</a></p>
<p><b>Steve speaks about how a health scare prompted him to lose 19 stone in weight:</b>  <a href="http://www.youtube.com/watch?v=tcggc8MKpUc">www.youtube.com/watch?v=tcggc8MKpUc</a></p>	
<p><b>For Geoff, the possibility of a heart attack was the last thing on his mind. Hear his story at:</b> <a href="https://nichs.org.uk/geoff-story">https://nichs.org.uk/geoff-story</a></p>	

Wednesday 12<sup>th</sup> June 2019

## Cancer Awareness Matters



During #MensHealthWeek 2019, people in Ireland are being asked to both make the time and take the time to be more cancer aware because #MensHealthMatters

Did you know that there are a number of steps that men could take to cut their cancer risk? For example, making small healthy lifestyle choices every day; knowing the signs, checking for changes in your body and getting screening tests; getting checked out if you notice anything unusual or if you're worried about your health; learning more about cancer and how to reduce the risk ...

To find out more about cancer, how to avoid it, and where to get support if you have it, visit:  
[www.cancer.ie/reduce-your-risk](http://www.cancer.ie/reduce-your-risk) | [www.cancerfocusni.org/cancer-prevention](http://www.cancerfocusni.org/cancer-prevention) |  
[www.mariekeating.ie/get-men-talking](http://www.mariekeating.ie/get-men-talking) | [www.actioncancer.org/Cancer-Info/What-is-Cancer](http://www.actioncancer.org/Cancer-Info/What-is-Cancer) |  
[www.bowelscreen.ie](http://www.bowelscreen.ie)

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During #MensHealthWeek men are being asked to make time and take time to improve their health. Find out how to spot cancer early and reduce risk in this Manual for Men:  
[www.cancer.ie/sites/default/files/content-attachments/spot\\_cancer\\_early\\_-\\_manual\\_for\\_men\\_2017.pdf](http://www.cancer.ie/sites/default/files/content-attachments/spot_cancer_early_-_manual_for_men_2017.pdf)

**[RoI]** Men are much more likely to develop bowel cancer compared to women - even though they are less likely to do a free home test which could prevent it. Don't get left behind. If you are aged 60-69, register for the test today: [www.bowelscreen.ie/bowel-screening.130.html](http://www.bowelscreen.ie/bowel-screening.130.html)  
#MensHealthWeek

Did you know that 1 in 3 men will be diagnosed with cancer at some point in their lives? Read the real life stories of Irish men who got talking and got checked at: [www.mariekeating.ie/heroes-of-hope](http://www.mariekeating.ie/heroes-of-hope) #MensHealthMatters

It's #MensHealthWeek Are you aware that almost half of all cancers could be avoided? Here's 12 small steps to reduce your risk: <https://cancerfocusni.org/cancer-prevention>  
#MensHealthMatters

## Possible Images ...

	<p>Available at:  <a href="http://www.mhfi.org/CancerInfograph2018.jpg">www.mhfi.org/CancerInfograph2018.jpg</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/ICSmanual.png">www.mhfi.org/ICSmanual.png</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/BowelScreen.png">www.mhfi.org/BowelScreen.png</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/BowelScreenInfograph.png">www.mhfi.org/BowelScreenInfograph.png</a></p>





## Thursday 13<sup>th</sup> June 2019

### Quitting Smoking Matters



#### Trash the Ash

Smoking is the biggest single cause of untimely death amongst men on the island of Ireland. Indeed, worldwide it has killed more people than both World Wars put together! However, the good news is that these deaths are preventable and, while some men continue to smoke, it is less common than it was in the past. Make #MensHealthWeek this year the time to quit.

The very moment that you stop smoking your health starts to improve. If you would like to live longer, have more energy, feel less stressed, have better sex, strengthen your body's immune system ... think about kicking the habit. #MensHealthMatters and there's loads of help available. Start by checking out [www.quit.ie](http://www.quit.ie) or [www.stopsmokingni.info](http://www.stopsmokingni.info)

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**[NI]** Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: [www.stopsmokingni.info](http://www.stopsmokingni.info) and take the first steps towards quitting #MensHealthWeek

**[RoI]** Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: [www.quit.ie](http://www.quit.ie) and take the first steps towards quitting #MensHealthWeek

#MensHealthMatters Quit smoking to live longer. Men who quit by the age of 30 add 10 years to their life. Now, that's a step in the right direction! #MensHealthWeek

Did you know that you're four times more likely to quit smoking with specialist support and Nicotine Replacement Therapy? #MensHealthWeek

**[NI]** #MensHealthWeek - The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! [www.stopsmokingni.info/why-quit](http://www.stopsmokingni.info/why-quit)

**[RoI]** #MensHealthWeek - The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! [www.quit.ie/Community/Top-Quit-Tips](http://www.quit.ie/Community/Top-Quit-Tips)

## Possible Images / Videos ...

	<p>Available at:  <a href="http://www.mhfi.org/HSEStopSmoking.JPG">www.mhfi.org/HSEStopSmoking.JPG</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/PHASmoking.JPG">www.mhfi.org/PHASmoking.JPG</a></p>
	<p>Available at:  <a href="http://www.mhfi.org/StopSmoking.png">www.mhfi.org/StopSmoking.png</a></p>
<p>Have you seen Dave Allen talk about giving up smoking? Check it out at:  <a href="http://www.youtube.com/watch?v=7FweG226aiw">www.youtube.com/watch?v=7FweG226aiw</a></p>	
<p>Listen to Paul O’Kane speak about stopping smoking:  <a href="http://www.youtube.com/watch?v=ChZJqm11EfQ">www.youtube.com/watch?v=ChZJqm11EfQ</a></p>	

## Friday 14<sup>th</sup> June 2019

### Drinking Less Matters



#### **Drinking Less Matters**

Many men in Ireland like a drink, but problems start if you drink too much too often. There's a hidden side to alcohol. It affects your body and brain, increases many health risks and can damage your mental health. It's also a powerful drug which impacts upon individuals in different - sometimes very serious - ways. Alcohol can mask problems and make life's ups-and-downs harder to deal with. It can cause problems like depression and anxiety or make existing problems worse.

Drinking less matters. Find out how your drinking can impact on your health, your wallet, your weight and your relationships by visiting: [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) [RoI] | <http://drugsandalcoholni.info> [NI] #MensHealthWeek

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Drinking less matters because alcohol lowers our inhibitions, makes us more impulsive and can cause us to do things we may not do if we were sober. Find out more at [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) or <http://drugsandalcoholni.info> #MensHealthWeek

Drinking less matters because alcohol increases your risk of several types of cancer such as mouth, throat, bowel and liver cancer. Find out more at [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) or <http://drugsandalcoholni.info> #MensHealthWeek

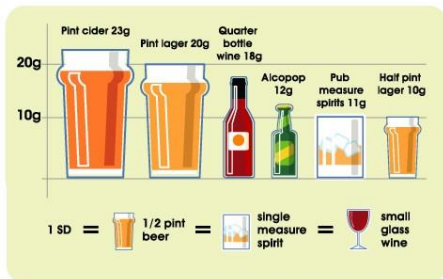
Drinking less matters because regular or high-risk drinking affects endurance, muscle development and recovery. If your drinking is affecting your performance - on or off the pitch - it's time to cut down. Visit: [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) | <http://drugsandalcoholni.info> #MensHealthWeek

During #MensHealthWeek 2019, measure how your drinking is impacting on your health, your wallet and your weight. Use the online calculator at: [www.askaboutalcohol.ie/your-drinking/drinks-calculator](http://www.askaboutalcohol.ie/your-drinking/drinks-calculator) #MensHealthMatters

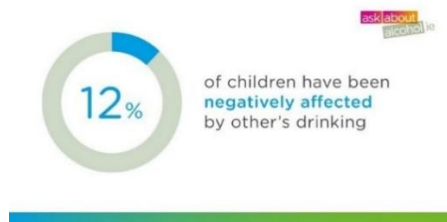
## Possible Images / Animation ...



Available at:  
[www.mhfi.org/AlcoholWaistline.jpg](http://www.mhfi.org/AlcoholWaistline.jpg)



Available at:  
[www.mhfi.org/AlcoholChart.jpg](http://www.mhfi.org/AlcoholChart.jpg)



Available at:  
[www.mhfi.org/AlcoholImpact.jpg](http://www.mhfi.org/AlcoholImpact.jpg)



Available at:  
[www.mhfi.org/AskAboutAlcohol.jpg](http://www.mhfi.org/AskAboutAlcohol.jpg)



Available at:  
[www.mhfi.org/LittleThings.jpg](http://www.mhfi.org/LittleThings.jpg)

## Saturday 15<sup>th</sup> June 2019

### Sports Saturday... Being Active Matters



Physical activity can benefit every aspect of your health. It has been shown that regular exercise reduces the risk of chronic diseases such as coronary heart disease, Type 2 diabetes, stroke, cancer, osteoporosis and depression. It reduces stress, improves sleeping patterns, builds-up bone and muscle strength, helps to control weight, tones body shape ... Indeed, men who increase their activity level over a five year period cut their chances of dying early by almost half.

But being active doesn't have to mean going to the gym. This #MensHealthWeek there are loads of ways that you can do this in your daily life (e.g. take the stairs instead of the lift, jump off a stop or two before your destination, wash your car by hand, take the dog for a walk, cut the grass and dig-over the flower beds ...). However, it's also great to do things with other people as part of a group (e.g. join a sports team for after-work activities, organise a walking group, participate in a ParkRun, get cycling with your mates, go swimming with friends ...).

For ideas, and inspiration to get you started, check out: [www.getirelandwalking.ie](http://www.getirelandwalking.ie) | [www.walkni.com](http://www.walkni.com) | [www.IrishTrails.ie](http://www.IrishTrails.ie) | [www.parkrun.ie](http://www.parkrun.ie) | [www.cycleni.com](http://www.cycleni.com)

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**[RoI]** Daily walking is the easiest way for men to get moving and active. @GetIrelandWalking offers tips and advice for anybody who wants to start walking during #MensHealthWeek Find a group at: [www.getirelandwalking.ie/findgroup](http://www.getirelandwalking.ie/findgroup)

**[NI]** Daily walking is the easiest way for men to get moving and active. Find tips, advice, routes and groups for anybody who wants to start walking during #MensHealthWeek at: [www.walkni.com](http://www.walkni.com)

#FindYourTrail encourages men of all ages and ability to enjoy the outdoors during #MensHealthWeek There are 900+ trails waiting to be discovered. Walk, bike, run and paddle your way through them all: [www.IrishTrails.ie](http://www.IrishTrails.ie)

**[RoI]** 29 Local Sports Partnerships across Ireland aim to increase levels of participation and help you to get active during #MensHealthWeek Find one near you at: [www.sportireland.ie/Participation](http://www.sportireland.ie/Participation)

**[NI]** Why not pull that old bike out of the shed / cupboard and get cycling for #MensHealthWeek For ideas on where to go in Northern Ireland, see: [www.cycleni.com](http://www.cycleni.com)

Finish your #MensHealthWeek off with a fantastic free run/walk event in your local area. ParkRun organises weekly 5km timed runs around the world. They are open to everyone, and are safe and easy to take part in. You can register simply by visiting: [www.parkrun.ie](http://www.parkrun.ie)

## Possible Images / Animation ...

	<p>Available at: <a href="http://www.mhfi.org/WalkingGroups.jpg">www.mhfi.org/WalkingGroups.jpg</a></p>
	<p>Available at: <a href="http://www.mhfi.org/ParkRun.jpg">www.mhfi.org/ParkRun.jpg</a></p>
	<p>Available at: <a href="http://www.mhfi.org/GetIrelandWalking.png">www.mhfi.org/GetIrelandWalking.png</a></p>





Available at:  
[www.mhfi.org/PhysicalActivityStats.jpg](http://www.mhfi.org/PhysicalActivityStats.jpg)



Available at:  
[www.mhfi.org/IrishTrails.jpg](http://www.mhfi.org/IrishTrails.jpg)



Available at:  
[www.mhfi.org/SportIreland.png](http://www.mhfi.org/SportIreland.png)



Available at:  
[www.mhfi.org/SportNI.jpg](http://www.mhfi.org/SportNI.jpg)

**Walk, run, bike and paddle your way around Ireland with 'Find Your Trail':**  
<https://vimeo.com/138325788>

**We all Run:** <https://vimeo.com/119848629>

**Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:**  
[www.youtube.com/watch?v=PayqDOEry20](http://www.youtube.com/watch?v=PayqDOEry20)

Sunday 16<sup>th</sup> June 2019

## Family Matters



### Happy Father's Day!

Today marks the end of #MensHealthWeek 2019. Thanks a million to everyone who was able to 'make the time and take the time' to celebrate the week by organising events, publicising men's health issues, putting up posters, encouraging men to get involved in looking after themselves better ... It's clear that #MensHealthMatters to many people!

When asked 'what is the best thing that has ever happened to you in your life', many men will say 'becoming a father'. Dads play an extremely important role in their children's lives, and there is a strong body of evidence which shows how they improve positive outcomes for their children. Today - Father's Day - is the perfect time to highlight this crucial input and to celebrate the role of men in raising children. Why not start by checking out [www.mhfi.org/TheDadFactor.pdf](http://www.mhfi.org/TheDadFactor.pdf)



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, check out: [www.fatherhoodinstitute.org/uploads/publications/71.pdf](http://www.fatherhoodinstitute.org/uploads/publications/71.pdf) ... #MensHealthWeek 2019

#MensHealthWeek 2019: Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: [www.mhfi.org/TheDadFactor.pdf](http://www.mhfi.org/TheDadFactor.pdf)

What is the evidence for why dads need to be supported to stay involved in their children's lives? ... [www.mhfi.org/manmattersbriefing3.pdf](http://www.mhfi.org/manmattersbriefing3.pdf) #MensHealthWeek

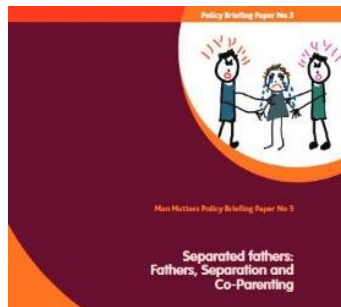
Fathers have a powerful impact upon their children's mental health. Find out how at: [www.mhfi.org/FathersAndChildMentalHealth.pdf](http://www.mhfi.org/FathersAndChildMentalHealth.pdf) #MensHealthWeek 2019

#MensHealthWeek 2019 ends today. Thanks to everyone who made it so successful. Why not think about continuing to 'make the time and take the time' to look after men's health in the year ahead? ...

## Possible Images ...



Available at:  
[www.mhfi.org/TheDadFactor.jpg](http://www.mhfi.org/TheDadFactor.jpg)



Available at:  
[www.mhfi.org/BriefingPaper3.jpg](http://www.mhfi.org/BriefingPaper3.jpg)



Available at:  
[www.mhfi.org/WhatGoodAreDads.jpg](http://www.mhfi.org/WhatGoodAreDads.jpg)



Available at:  
[www.mhfi.org/FatherImpact.jpg](http://www.mhfi.org/FatherImpact.jpg)



Available at:  
[www.mhfi.org/mhw\\_logo\\_facebook.jpg](http://www.mhfi.org/mhw_logo_facebook.jpg)