

# E-Male Matters

February 2012

The newsletter of the Men's Health Forum in Ireland

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## News

### June 2012 - A Date for Your Diary

Have you got your new diary for 2012 yet? ... If 'yes', that's great. If 'no', then rush down to 'Bargain Books' and pick-up a reduced price one as soon as possible - because there's a date you need to get into it! [International Men's Health Week](#) (MHW) is now just around the corner. It always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 11<sup>th</sup> until Sunday 17<sup>th</sup> June 2012. It is celebrated in most European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide. The overarching aims of MHW are to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices and activities; encourage the early detection and treatment of health difficulties in males. Each year, there is also a specific theme. This year it will focus upon encouraging and developing a 'first instinct' in males which is to actively seek help / advice / support, and to act quickly in times of difficulty / crisis / ill health rather than ignoring symptoms, turning to alcohol, 'soldiering on', taking their own life ... Why not put these dates into your diary, and start thinking about how your group could mark this week?

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### Update on the Disrupting Alzheimers Project

The "Disrupting Alzheimers Project" in Ireland recently held another residential programme. This time it was run over fourteen days during December 2011. This programme was held at the ICA's An Grianan Centre in Termonfeckin, near Drogheda. You can read more about their experience at: [www.thegenieexperience.com/update\\_on\\_december\\_residential](http://www.thegenieexperience.com/update_on_december_residential)

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## Recruitment for New Parent Advisory Groups

[Parenting NI](#) is, currently, recruiting parents to join the new Parent Advisory Groups linked to the Outcomes Groups in the Northern, Western, and Southern Health and Social Care Trust areas. They are also seeking to engage parents throughout Northern Ireland who have children with a disability to join the new regional disability themed group. This is a unique opportunity for parents to comment on the services that they receive and to inform the long term planning process. If you know of any parents you would like to nominate, or know of a group of parents you think Parenting NI should meet, please contact Maria Herron at Tel: 07596 070504 (for parents in the WHSCT area) or Sandra Couser / Alison McNulty at Tel: 028 9031 0891 (for parents in the NHSCT and SHSCT areas). You can also find out more information and access a nomination form online at:

[www.parentingni.org/projects/parentingforum/pag.asp](http://www.parentingni.org/projects/parentingforum/pag.asp)

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## Events

### The Impact of Recession and Unemployment on Men's Health in Ireland

[ARK](#) and [Man Matters](#) invite you to a seminar on "Facing the Challenge: The Impact of the Recession and Unemployment on Men's Health in Ireland". At this event, Owen Metcalfe (Director of the Institute of Public Health in Ireland) will highlight some of the findings from recent research commissioned by his organisation. This study explored the adverse effects of the economic recession - and the accompanying rise in unemployment - on men's mental health. The seminar will take place on Tuesday 14<sup>th</sup> February 2012, from Noon - 1.00pm, in NICVA, 61 Duncairn Gardens, Belfast BT15 2GB. It will be followed by lunch. The seminar is free, but participants need to book a place by Email: [info@ark.ac.uk](mailto:info@ark.ac.uk) or Tel: 028 71675513.

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### Sexual Health Update for Youth and Community Workers

The Sexual Health Team within Belfast Health and Social Care Trust invite you to attend a Sexual Health Update for Youth and Community Workers. The topics covered will include: STIs, HIV, sexual health promotion strategy, services, teenage pregnancy, contraception, sex and the law ... These updates will take place on: Tuesday 21<sup>st</sup> February (Lagan Valley Island Centre, Lisburn), Tuesday 28<sup>th</sup> February (Lagan Valley Island Centre, Lisburn), Thursday 1<sup>st</sup> March (Millennium Community Outreach Centre, Springfield Road, Belfast), and Tuesday 27<sup>th</sup> March (Beeches Management Centre, Hampton Park, Belfast). For further details, or to book a place, contact Bernie or Elish at Tel: 02890 900051 or Email:

[shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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## Research

### Providing Meaningful Care Report Launched

Thursday 1<sup>st</sup> December 2011 saw the launch of a report titled: "Providing Meaningful Care - Using the Experiences of Young Suicidal Men to Inform Mental Health Care Services". This research was undertaken in the Belfast and the Southern Health and Social Care Trust areas by a research team from Queens University Belfast and the University of Ulster. The aim of this study was to obtain a comprehensive understanding of suicidal behaviour amongst men aged 16-34 years, in order to underpin the provision of accessible, acceptable and appropriate mental health services. The report is now available online at:

[www.publichealth.hscni.net/sites/default/files/ProvidingMeaningfulCareSHORT\\_REPORT.pdf](http://www.publichealth.hscni.net/sites/default/files/ProvidingMeaningfulCareSHORT_REPORT.pdf)

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## **Impact of Economic Crises on Mental Health - WHO Report**

It is well known that mental health problems are related to deprivation, poverty, inequality and other social and economic determinants of health. Economic crises are, therefore, times of high risk to the mental well-being of the population - both to the people affected and to their families. The economic crisis that started in 2007 has continued to pose major challenges throughout Europe. It has led to significant declines in economic activity, a rise in unemployment, depressed housing markets, and an increasing number of people living in poverty. The rise in national debt is forcing governments to implement severe cuts in public spending. Significant risks remain in the world economy, and many countries are facing an era of austerity in health and welfare services. This report from the World Health Organisation (WHO) aims to present current knowledge on how economic downturns affect population mental health, and outlines some of the benefits of action that could be implemented to reduce the harmful effects of the current economic crisis. It is available for free downloading at: [www.euro.who.int/data/assets/pdf\\_file/0008/134999/e94837.pdf](http://www.euro.who.int/data/assets/pdf_file/0008/134999/e94837.pdf)

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## **Adult Drinking Patterns in Northern Ireland**

“Adult Drinking Patterns in Northern Ireland 2011” details the results of a survey which was commissioned by the DHSSPS and conducted by the Central Survey Unit of the Northern Ireland Statistics and Research Agency. The report provides an up-to-date picture of adult drinking in Northern Ireland, and includes information on the amount people drink, as well as when, where, what, and who they drink with. It also examines how drinking behaviours vary across different sections of the public, the proportion of people who binge drink, problem drinking, and perceptions of drinking. The report is available for free downloading at: [www.dhsspsni.gov.uk/adult\\_drinking\\_patterns\\_in\\_northern\\_ireland\\_2011.pdf](http://www.dhsspsni.gov.uk/adult_drinking_patterns_in_northern_ireland_2011.pdf)

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## **Evidence-Based Management Strategies for Treating Obesity in Men**

Are you involved in interventions to help men who are obese to lose weight? If ‘yes’, then the ROMEIO (Review Of MEn and Obesity) study would like to hear from you. We are a team within the Health Services Research Unit at the University of Aberdeen and are, currently, conducting a systematic review on the evidence-based management strategies for treating obesity in men, and how to engage men in these obesity services. To that end, we aim to integrate the quantitative and qualitative evidence base for the management and engagement of men with obesity in weight loss services, researching concurrently to systematically review: (a) The effectiveness and cost-effectiveness of interventions for obesity in men, and men in contrast to women. (b) The effectiveness and cost-effectiveness of interventions to engage men in their weight reduction. (c) The qualitative research with men about obesity management, and providers of such services for men. If you have any information on relevant projects conducted within your organisation that have been written up as a report (whether for internal or external purposes), or have been submitted for publication, or have already been published, we would like to hear from you. Please send any relevant reports or articles you may have to: Health Services Research Unit, School of Medicine and Dentistry, Health Sciences Building, University of Aberdeen, Foresterhill AB25 2ZD or Email: [obesity@abdn.ac.uk](mailto:obesity@abdn.ac.uk) To find out more about this study, visit: [www.hta.ac.uk/project/2545.asp](http://www.hta.ac.uk/project/2545.asp)

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## **Engaging Dads in Health Services**

Fathers’ engagement with health services poses a specific challenge to health care professionals. Evidence suggests that when fathers are engaged and involved with their families, the health outcomes for their children are improved - as are those of the men and mothers as well. However, researchers in the area of men’s health and fatherhood conclude

that gender disparities exist in relation to engaging fathers in health services. Current methods utilised by health care professionals tend to adopt a more 'mother-centric' approach to intervention. This may hinder fathers' engagement because it can imply that men are not necessary or, indeed, welcomed at health services. "Engaging Dads in Health Services" is a report from Australia which looks at some of these key issues. It is available online at:

[www.uws.edu.au/\\_data/assets/pdf\\_file/0009/273474/FINAL\\_MHI3019\\_Engaging\\_dads5.pdf](http://www.uws.edu.au/_data/assets/pdf_file/0009/273474/FINAL_MHI3019_Engaging_dads5.pdf)

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### Food on a Low Income

Inequalities in access to a healthy diet are issues for a significant proportion of the population on the island of Ireland. It is, therefore, important that the needs of disadvantaged groups are recognised and addressed in relation to food poverty. Many studies on this subject have been carried out throughout Ireland. However, much of the available research is quantitative in nature. A recent [safefood](#) funded research project included a qualitative methodology as part of the study. This highlighted the importance of teasing out the sensitive issues relating to food poverty. It also looked at the experience of single Irish males as one of the target groups. The report is available online at: [www.safefood.eu/Publications/Research-reports/Food-on-a-low-income-%E2%80%93-Four-households-tell-their.aspx](http://www.safefood.eu/Publications/Research-reports/Food-on-a-low-income-%E2%80%93-Four-households-tell-their.aspx)

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## Web Links

### Men's Issues on the Web ...

[Flintoff: Depression is crippling](#)

[Do politicians ignore the 'men's vote'?](#)

[Idea men feel more pain is 'a myth'](#)

[Starting a 'digital diet' in the New Year can help lose the weight you can't see](#)

[Body image: Men 'most unhappy about beer bellies'](#)

[Morning flu jabs 'work better for men'](#)

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## Next Edition

The next edition of E-Male Matters will be released in March 2012. Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in it? There's a simple template for all articles. Let us know (within 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images. Please email your information to: [emalematters@mhfi.org](mailto:emalematters@mhfi.org) The submission deadline for the March edition is Monday 27<sup>th</sup> February 2012.

"E-Male Matters" is also available online at: [www.mhfi.org/about-e-male-matters.html](http://www.mhfi.org/about-e-male-matters.html)

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

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