

E-Male Matters

November 2017

The newsletter of the Men's Health Forum in Ireland

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News

International Men's Day 2017

International Men's Day (IMD) takes place on the 19th of November each year. This day offers an opportunity for everyone to celebrate the important contribution that men and boys make to their families, friends, communities, workplaces, society and the world. However, it is also a time to highlight some of the key issues facing males, and to provide practical support and positive encouragement to overcome these. For example, the [Belfast Men's Health Group](#) will be setting-up a stall in St. Georges Market, Belfast, on Friday 17th November 2017, from 9.30am - 1.00pm, and men of all ages are invited to drop by and avail of the following free services: blood pressure checks, Body Mass Index (BMI) assessment, smoking cessation advice (including carbon monoxide checks), healthy eating guidance, physical activity opportunities, self-help booklets / leaflets ... Keep an eye out for IMD activities and events in your area. Better still, why not organise something yourself to mark this day!

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Men and Health Literacy

To mark 'Movember' and Prostate Cancer Awareness Month, the [Irish Cancer Society](#) (ICS) is offering top tips to help organisations to effectively communicate health information to men. Around four in every ten men have low health literacy and this makes it hard for them to find, understand and use health information. Following research conducted by ICS and University College Cork - supported by the National Adult Literacy Agency - a number of key recommendations were made that should be considered when developing health information for men. See their infographic at: www.mhfi.org/news/788-men-and-health-literacy.html

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Inspiration from Iceland - Drug Prevention is Possible!

The South Eastern Drug and Alcohol Connections Service recently invited Jón Sigfússon, the Director of Youth at the Icelandic Centre for Social Research and Analysis (ICSRA), to come to Northern Ireland and share his knowledge of the inspirational Icelandic Drug Prevention Model. The aim was to identify effective, evidence-based prevention in the field of alcohol and other drugs which could be applied locally. In 20 years, Iceland went from the highest rate of alcohol and drug use amongst young people in Europe to the lowest. Find out more at:

www.ascert.biz/news-events/news/blog-inspiration-from-iceland-drug-prevention-is-possible

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Health Survey (NI): First Results 2016/17

The Public Health Information and Research Branch, Information Analysis Directorate, [Department of Health NI](#) has just published a summary of the main topics included in the 2016/17 Health Survey. The Department intends to produce a number of more detailed topic specific bulletins throughout 2017/18. These will be made available on the Health Survey page on their website at: www.health-ni.gov.uk/topics/doh-statistics-and-research/health-survey-northern-ireland

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Dementia: Understand Together Launches Campaign

A new TV, radio and online advertising campaign to increase understanding and support for people living with dementia was recently launched by the Minister for Health, Simon Harris TD, as part of the Dementia: Understand Together initiative. The campaign seeks to raise awareness, increase understanding, and address the loneliness and isolation experienced by people living with dementia and their families. It aims to show that people with dementia can be supported to live well, and that each of us can play a part by maintaining friendships and including people in community life. The launch of the campaign coincides with the official unveiling of a new website for people who want to find out more about dementia, which can be accessed at: www.understandtogether.ie

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Shaping Future Health and Social Care Services

The [Patient and Client Council's](#) Membership Scheme was set up in 2010/11 as a way to involve the public in health and social care issues. This initiative was the first of its kind within health and social care in Northern Ireland. Today, there are more than 12,000 people in the scheme. Their ages range from 16 years old to 90+. They come from all walks of life and every part of Northern Ireland, and include healthcare professionals, patients, carers and members of the public. Members can be involved by post, telephone, online or face-to-face and, in the past, have made significant contributions to a number of projects. These include: hospital meals, district nursing, respite services, car parking at health and social care facilities, infection prevention and control, and end-of-life care. If you'd like to know more about the Membership Scheme, Email: matthew.weatherall@hscni.net or call Matthew on Tel: 02895 361698.

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Events

23rd Annual Regional Sexual Health Conference 2017

The Belfast Health and Social Care Trust Sexual Health Training Team's 23rd Annual Regional Conference will take place on Wednesday 22nd November 2017, from 9.00am - 5.00pm, in the Titanic Centre, Belfast. This year's event will focus upon inequalities in health for women, and will bring together a wide range of experts to present up-to-date research and projects from throughout the UK and Ireland. To book a place or to find out more, Email: shealth.team@belfasttrust.hscni.net or Tel: 02895 047028.

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Schools Can, Schools Do - Healthy Eating and Physical Activity

You are invited to a workshop hosted by the All-Island Obesity Action Forum supported by [safefood](#). This event, titled '*Schools Can, Schools Do - Healthy Eating and Physical Activity*', will take place on Tuesday 14th November 2017, in the Gibson Hotel, Dublin, from 9.30am - 1.30pm. The event will focus on the school as a setting for promoting a healthy weight in children, and will welcome a range of national and international expert speakers on childhood obesity. For more details, see: www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Schools-can,-scho.aspx

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Training

Mini-Taster Mojo

Are you feeling like you have lost your Mojo? Have you been affected by employment issues? Are you feeling stressed? Are you: motivated to change; over 18; living in South County Dublin; able to participate in a programme for four weeks every Tuesday from 2.00pm - 4.00pm from 14th November until 5th December 2017? ... If so, this short programme (which will be held in Tus Nua, New Nangor Road, Clondalkin, Dublin 22) might be of interest to you. To find out more, contact: Catherine Mooney, [Mojo](#) Programme Manager, at Tel: 087 1471152

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Research

PMD Partners' Study

The PMD Partners' Study is recruiting partners of women who have experienced a mental health problem in the year after having a baby. For most families, having a baby is a happy occasion. However, a small number of women will experience a mental health problem such as anxiety, postnatal depression and/or postpartum psychosis that may or may not have received a clinical diagnosis. Often the woman's partner can play an important role during this time, but we currently have little knowledge about what the partner experiences. This study aims to provide insights into understanding partners' experiences in order to provide the support they need during this time. This study is being undertaken by Jill Atkinson, a PhD student at the [School of Nursing and Midwifery](#), Trinity College Dublin and has been funded by the Health Research Board. If you would like to participate, or would like more information, please contact Jill on Tel: 087 0629892 | Email: atkinsje@tcd.ie

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Dementia: Research, Policy and Data on the Island of Ireland

www.dementiaresearch.ie is an online resource which provides an overview of data, research and policy on dementia across the island of Ireland over the five year period between 2010 and 2014. Users may search the site for links to policy documents, journals articles, reports and books, surveys and databases related to dementia in the Republic of Ireland and Northern Ireland. This online resource is intended for use by researchers, policymakers and the voluntary and community sectors.

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Worldwide Burden of Migraine Patient Survey

The [Migraine Association of Ireland](#) is supporting the Worldwide Burden of Migraine Patient Survey - a global survey which aims to increase awareness and understanding of the effect that migraine has on the lives of those who suffer from the disease. It is being conducted by Novartis in association with the European Headache Alliance (EHA). EHA is a not-for-profit umbrella organisation for migraine and headache patient groups in Europe. If you would be willing to participate in this survey, visit: <https://www1.surveys.gfk.com/wix/0/p22923230.aspx>

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European MSM Internet Survey 2017

A major European internet survey aimed at men who have sex with men (MSM) has been launched in Ireland. EMIS 2017 aims to generate data to understand the sexual health needs of MSM, including gay, bisexual and transgender men. This data will also be used to help direct HIV and sexually transmitted infection prevention programmes. EMIS 2017 takes around 20 minutes to complete and is anonymous. If you are over 17 years of age, living in Ireland, and are a man who has sex with other men, you are invited to participate. The survey can be found at: www.demographix.com/surveys/3Y9Q-VHRX/6BNEKQJV

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Healthy Ireland Survey 2017 - Summary of Findings

This report provides an overview of results from the third wave of the Healthy Ireland Survey - an annual interviewer administered face-to-face survey commissioned by the [Department of Health](#) in the Republic of Ireland. Survey data plays a number of roles, including supporting the Department in ongoing engagement and awareness-raising activities in the various policy areas, and supporting better understanding of policy priorities. This third wave consisted of 7,487 interviews, conducted with a representative sample of the population aged 15 years and older. To see the findings, visit: http://health.gov.ie/wp-content/uploads/2017/10/16-048825-Healthy-Ireland-Survey-18-October_for-printing.pdf

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Web Links

Men's Issues on the Web ...

[What no one tells you about masculinity](#)

[Prostate cancer is the second most common cancer in Irish men](#)

[Movember campaign aims to kick stigma surrounding mental and physical health](#)

[One daily win can start your kids on the way to a healthier life](#)

[Men with low testosterone are less likely to have prostate cancer](#)

['It's change that's needed, not sympathy' - a father's experience](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in December 2017. 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 one paragraph and no more than 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 The submission deadline for the December edition is Thursday 30th November 2017.

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E-Male Matters is also available online at:
www.mhfi.org/newsletters/about-e-male-matters.html

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

Men, health literacy and cancer prevention information

Findings from the MeCHanic Study:

- Around 4 in 10 men have low health literacy.
- Low health literacy makes it harder to find, understand and use health information.
- Low health literacy is linked to poorer health outcomes and lower cancer survival.

What men want:



Easy-to-read language

Avoid medical terms, statistics and technical language



Humour

Humour helps engage men on the 'morbid' subject of cancer



Positive messages

Rather than warnings and judgemental content



Infographics and images

Rather than text



Short and sharp

Bullet points and key messages, not blocks of text



Face-to-face information

For example, talking to a GP



Information where they will see and hear it

Men's groups, workplaces, pubs, sports pages of newspapers, GP surgeries



Different formats

Posters, brochures, TV and radio, YouTube, Facebook, web, educational sessions



Male-focused information and services

Separate from women's information