

Men's Health Week 2021 Pledge Day

Research clearly shows that men on the island of Ireland experience a disproportionate burden of ill-health and die too young. On average, they ...

- die younger than women do;
- have higher death rates than females for almost all of the leading causes of death and at all ages;
- adopt lifestyles which are responsible for a large proportion of chronic diseases;
- present later to health services, which can lead to a number of problems becoming untreatable ...

However, this is not a lost cause, and many of these conditions are preventable. But EVERYONE needs to do their bit to bring about change - from policy makers, to service providers, to men themselves.

Men's Health Week 2021 (Monday 14th - Sunday 20th June) offers an ideal opportunity to do something positive and realistic to improve both your own health, and the health of men and boys across the island of Ireland. Indeed, Saturday 19th June this year has been dedicated as men's health '**Pledge Day**'.

On this day, everyone is asked to:

- Think about what thing (or things) they might do that could make a difference to their own, or someone else's health and wellbeing.
- Make a pledge for change to themselves, and commit to action.
- If they're up for it, tell others about their plans, and use the hashtag #MensHealthWeek with any social media posts / uploads / video clips / images.

Pledges can be as simple or complex as you like. For example, I'm going to:

- walk-and-talk with my kids at least once a week;
- use the stairs to my office rather than take the lift;
- only have chips once a week from now on;
- avoid having a drink, except on a Saturday;
- seek support to help me stop smoking;
- organise a regular kick-about for the lads at lunch break;
- encourage my partner to check out that lump that's been bothering him;
- offer free men's health checks to users of our pharmacy;
- produce a men's health leaflet for my employees;
- display a list of helplines / support services for men on the canteen noticeboard;
- don't bottle things up in future;
- finally make time to go for a health MOT / NCT ...

So, are you up for it?

