

Men's Health Week 2003

1 – 7th September, 2003

Kalgoorlie Western Australia

Early Intervention Program that Identifies & Reduces Heart Disease in Males

**Presented by Bernard Denner
Centre for Advancement of Men's Health
& Centre for Rural & Regional Health Education**

Based on the Full Report of Men's Health Week

Report by:
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PROJECT OFFICER

December 2003

The learning objectives for the workshop were:

- ⇒ Provide an overview of men's health.
- ⇒ Understanding men.
- ⇒ Risk factors for men.
- ⇒ Challenges men have.
- ⇒ Other issues impacting on men including parenting and relationships.
- ⇒ What can we do to reduce their risks?

2.3.1 Budget

Costs for the workshop to be included were morning tea and lunch provided for each participant (catered by Piccadilly Store), room hire (\$150), presenter's fees (\$750) and workshop materials (workbook, pens, etc.). A fee of \$30 per participant was charged for attendance to the workshop.

2.3.2 Promotion

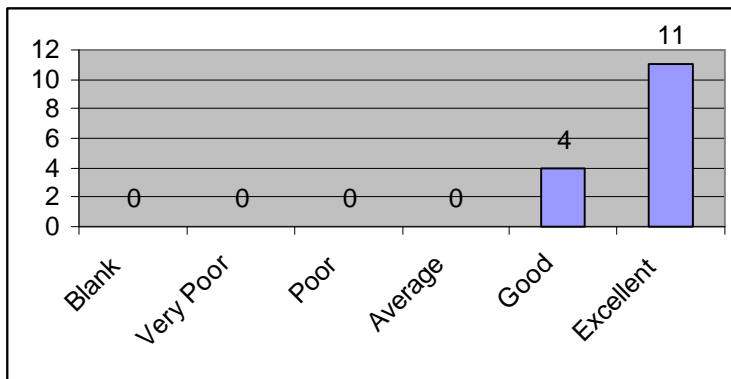
A promotional flyer (Appendix 3) was developed and distributed primarily via email to all health workers including mine site occupational health and safety professionals. Radio interviews were conducted by the Project Officer and Bernard Denner on Radiowest and ABC Radio to discuss men's health week and relevant activities.

Information about the workshop was able to be downloaded off the wellman website (www.wellman.org.au).

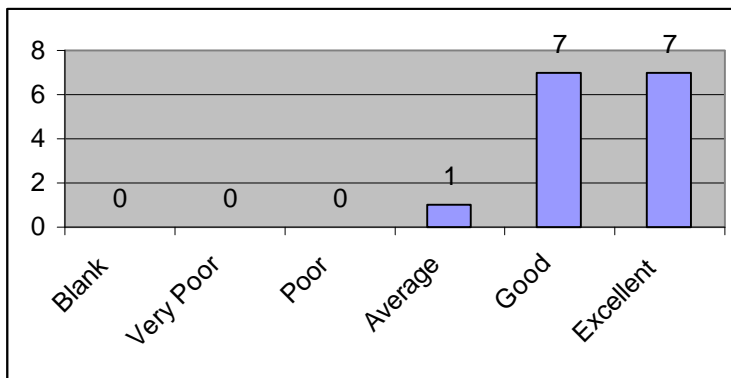
2.3.3 Evaluation

Seventeen people attended the workshop. Workshop participants travelled from Esperance and Leonora to attend. Participants were represented by health professionals (eg. Psychologists, Community Nurses, Diabetes Educators), and mining professionals (eg. Occupational Health and Safety personnel, Mine Site Chaplain). Fifteen participants completed the evaluation form.

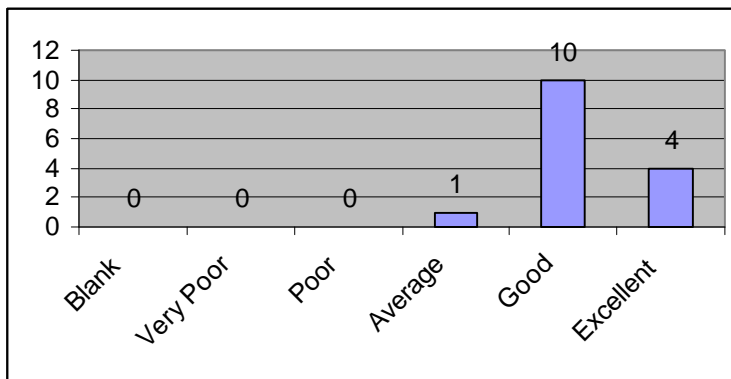
Question 1: Presenter – Bernard Denner



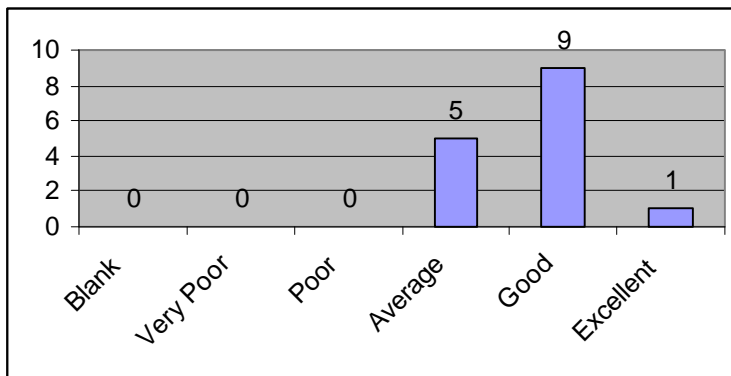
Overall Presentation



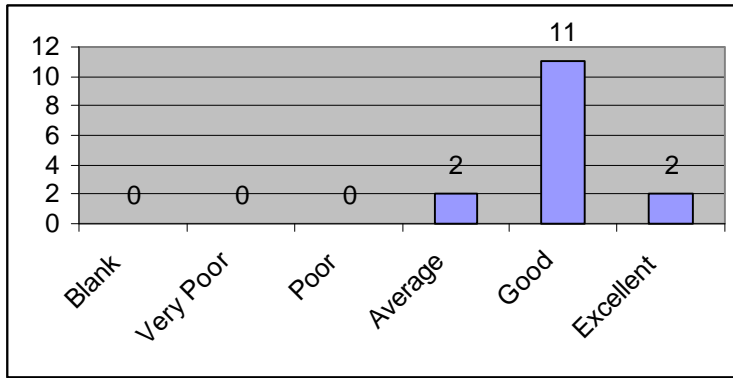
Information on Men and Adolescent Health



“New Knowledge”



Better Understanding of Adolescent Issues

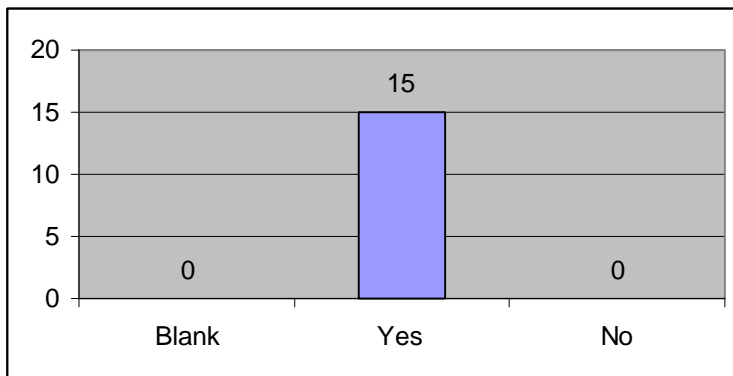


Has this session supported you to better engage and understand males in your practice/service?

Summary Comments

- Insightful, challenging, user-friendly.
- Very worthwhile day on all accounts.
- Interesting statistics and comments. Not enough emphasis on solutions.'
- A fluent well presented session which offered valuable practical advice – I have loads of ideas now!!
- Very interesting and informative, hope you can come back.
- I have already studied health promotion at Post Graduate level so a lot of these strategies and methods were not new to me. We were talked at all day; there were no interactive sessions and I feel that this was a negative.

Question 2: In your opinion, was this session valuable for you?

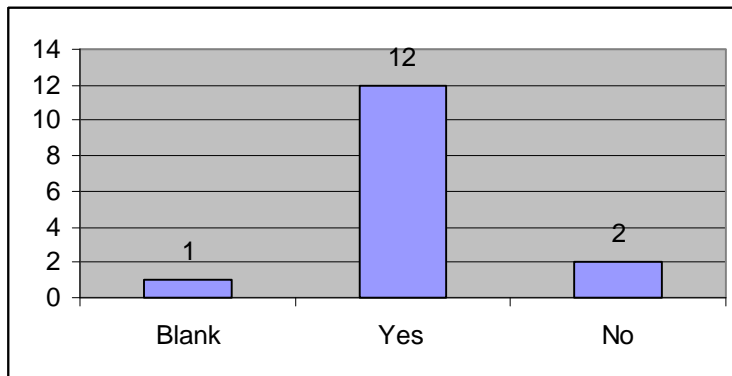


Why?

- Revision of existing knowledge and some new ideas or suggestions.
- As new person in the role I'm in, it has provided me with a wide knowledge base and new engagement strategies.
- Useful personally and professionally. Good 'tools' to use in my work.
- Increased knowledge.
- Further information and resources.
- I am better informed in some areas.
- Gave different ideas for dealing with health issues.
- Gave me hints on how to attract men to my service.
- Greater understanding of men's health issues and resources.

- Changed my opinion and attitude to men's health.

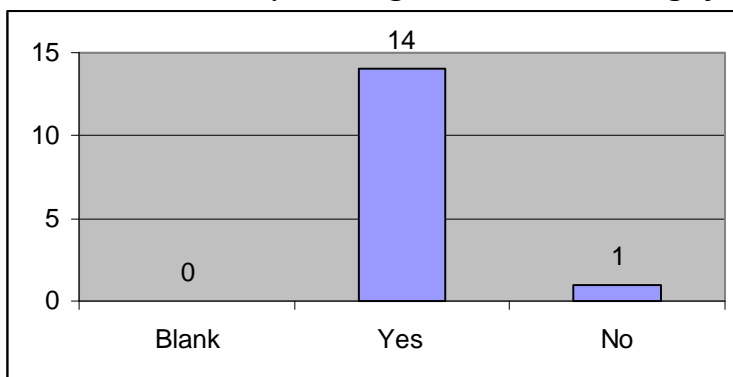
Question 3: Do you believe because of this session that within your practice/service, dealings with men and adolescents will be different?



Why?

- I am already very much aware of barriers and facilitators for engaging men and how the social context is very important.
- Parts of this session will be referred to as examples.
- Raised awareness of needs.
- I will have further information for others to be referred to.
- Better able to inform men with questions that may arise.
- New ideas for marketing programs.
- Will try some of the ideas put forward.
- I intent to modify my service and how I record my results.
- Better informed.
- I will be able to talk to men or adolescents about men's health issues.
- New ways to attract men and what to tell them.
- Not sure as we are looking at social issues, not so much physical health.

Question 4: Would you regard this session organized by Goldfields Men's Health Inc. as valuable to you in a greater understanding of male health?



Why?

- Has provided a wide understanding of men's issues, both rural and urban.
- Increased knowledge
- It thoroughly investigates men's health.
- Able to recommend GP visits if symptoms are described to me that fit.
- Good reminder of the current stats.
- Some new facts well presented.
- Greater knowledge.
- Greater understanding of men's issues.
- Very complex issues presented simply.
- Good overview; useful tools provided; reinforced issues.

Question 5: What was the most important issue for you at this session?

- That these men's health programs occurring in rural and isolated areas allowing men access to useful screening sessions.
- Engaging men on sensitive issues and support of other family members.
- The emphasis on the importance of partners and families.
- Relationships.
- Exploring the available resources.
- Symptoms of prostate, stroke, heart disease.
- Difficult to pick one thing.
- Men's health
- Adolescent health.
- Methods for interacting with males.
- Getting men to come along to a health presentation.
- Talking about how men work.
- How to access men and help them to take responsibility and ownership for their health.
- How to engage the men so they want to attend.

Question 6: In your opinion, what is the single most important health issue for men?

- Communication which I feel is at the crux of men's physical, emotional and psychological problems.
- Developing a more male friendly health service.
- Communication and how to nurture this.
- Stress.
- Communication, contact and engaging in dialogue.
- Diet and shift workers.
- Heart disease.
- Self examination.
- They are all important.
- CVD
- Men being proactive in relation to their health.
- Prostate cancer/suicide.
- Not accessing services – help seeking behaviour.
- Stress/communication.
- Taking time for their health.

Question 7: In your opinion, what is the single most important issue for adolescents?

- Peer approval and acceptance.
- Encouraging openness and trust.
- Love
- That small things are not worth jumping off a bridge for (suicide).
- Career choice.
- Low self esteem.
- Learning how to communicate.
- Career, stress, relationships
- Alcohol and drugs; poor communication skills.
- Depression/suicide.
- Stress/communication

Question 8: In your opinion, what are the issues of male health in your area?

Cancer	5.4% (5)	Use of Health Professionals	5.4% (5)
Heart Disease	9.7% (9)	Adolescents	7.5% (7)
Wellbeing	6.4% (6)	Stress	14% (13)
Relationships	13% (12)	Workplace	7.5% (7)
Depression/Suicide	12% (11)	Access to GPs & CHN	5.4% (5)
Access to Services	8.6% (8)		
Males accessing Alternative Health Services			5.4% (5)

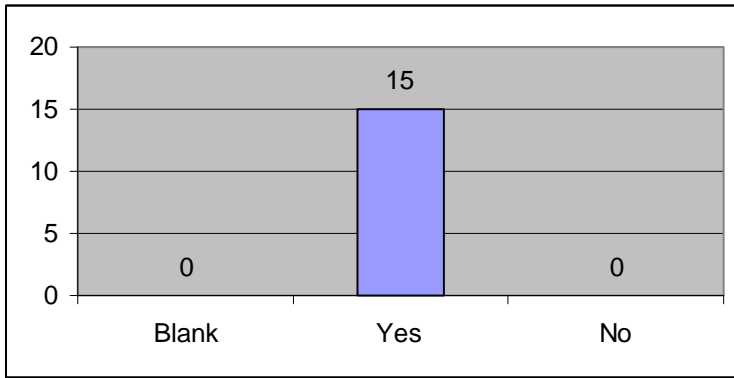
Other:

- Type 2 diabetes
- No doctors in private practice in Kalgoorlie bulk bill, therefore this has huge implications for health.
- Mental health in general.
- Fatigue

Question 10: What have you gained from this session?

- Pro-activity is occurring in relation to men's health
- How health problems impact on self employed men.
- Men's health night is an effective screening opportunity
- No strategic plan for men's health – State/Fed
- Men's issues are wide but common to all.
- Importance of being a parent (Father)
- Insight
- Inspiration
- Awareness
- Increased knowledge
- New knowledge
- New resources
- New contacts/networks to refer to.
- Ability to answer workplace questions.
- Hints on a good marriage.
- Marketing programs.
- Assessing impact of programs.
- Need for follow up of HLA's.
- Knowledge – practical ideas.
- Background data – facts and figures.
- Ways to approach men's health break through barriers.
- To conduct a men's health session "Just for Men"
- Ideas for attracting men to a health night.
- Knowledge re: presenting a health night.
- Review the services I provide.
- Work with other services.
- Talking to men up front about health issues for men.
- Understanding how to engage men to talk and be concerned about their own health.
- Adolescent health.
- Accessing men.
- Tips to give.
- What works.
- Thinking out man friendly enviro.
- Issues important to men.
- Relationship issues.

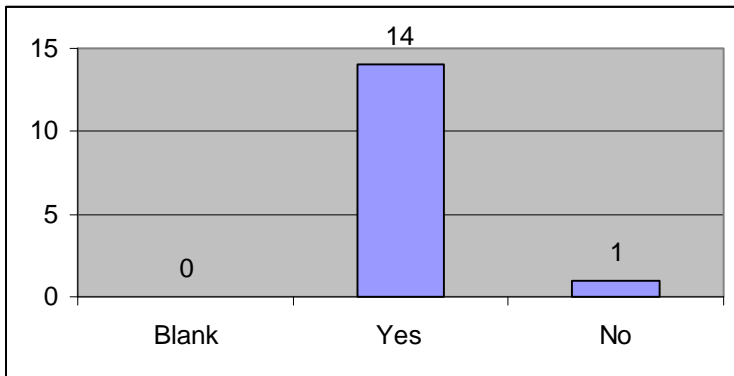
Question 10: Would you be interested in supporting a men's health night in the future for the community to focus on men and adolescents health?



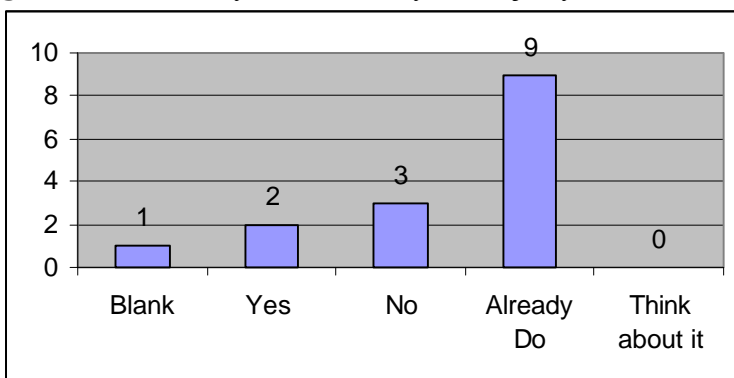
Comment:

- As a useful screening tool
- Definitely
- Some info sessions in high schools would be useful.

Question 11: Has this session made you think about your own health and wellbeing?



Question 12: Will you visit a Physician for your health as a result of this session?



Overall, the workshop was a success with no major issues arising.