

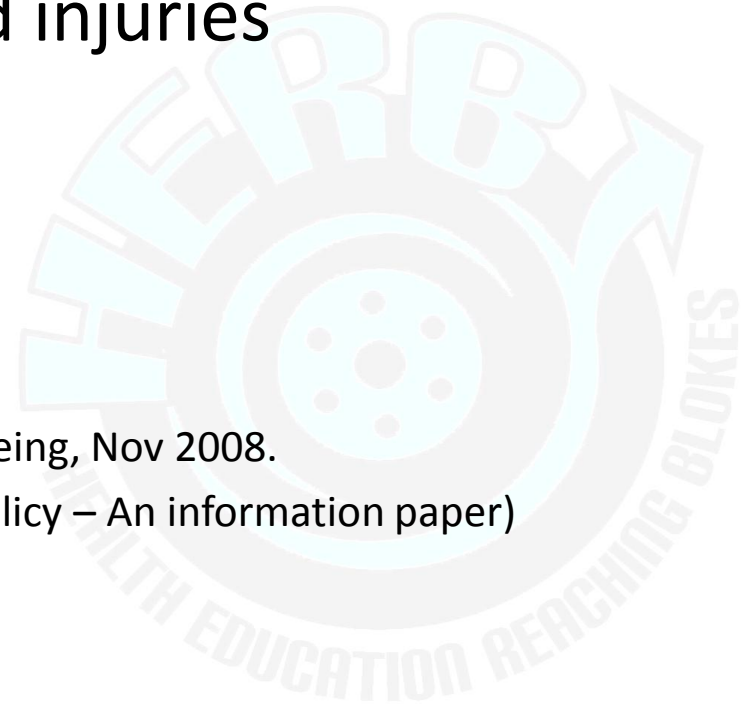


In the age range 25-64 years,
compared to women, men's mortality rates are:

- 161% higher for diseases of the circulatory system
- 122% higher for diseases of the digestive system
- 243% higher for accidents and injuries
- 300% higher for suicide
- 18% higher for all cancers

(Department of Health and Ageing, Nov 2008.

Development of a National Men's Health Policy – An information paper)



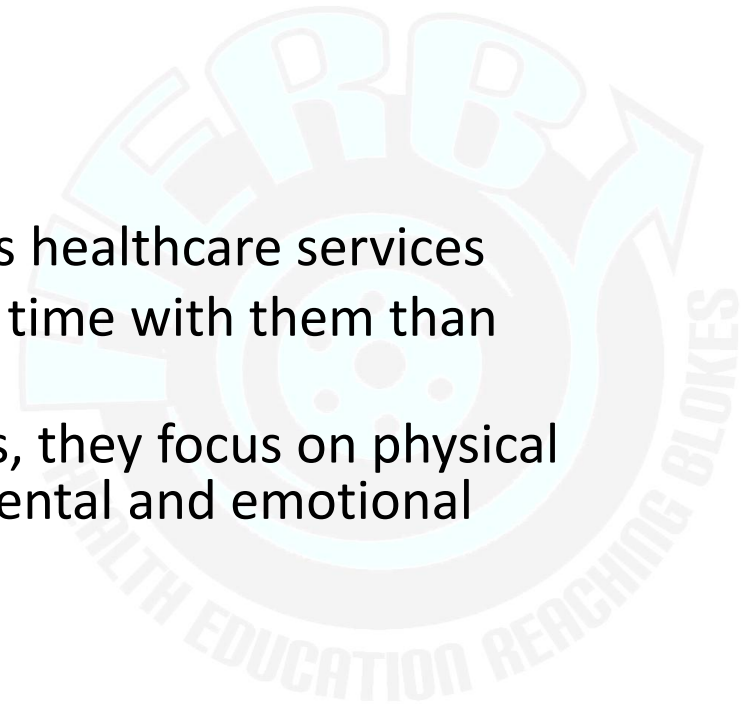
WHY?

Some theories suggest:

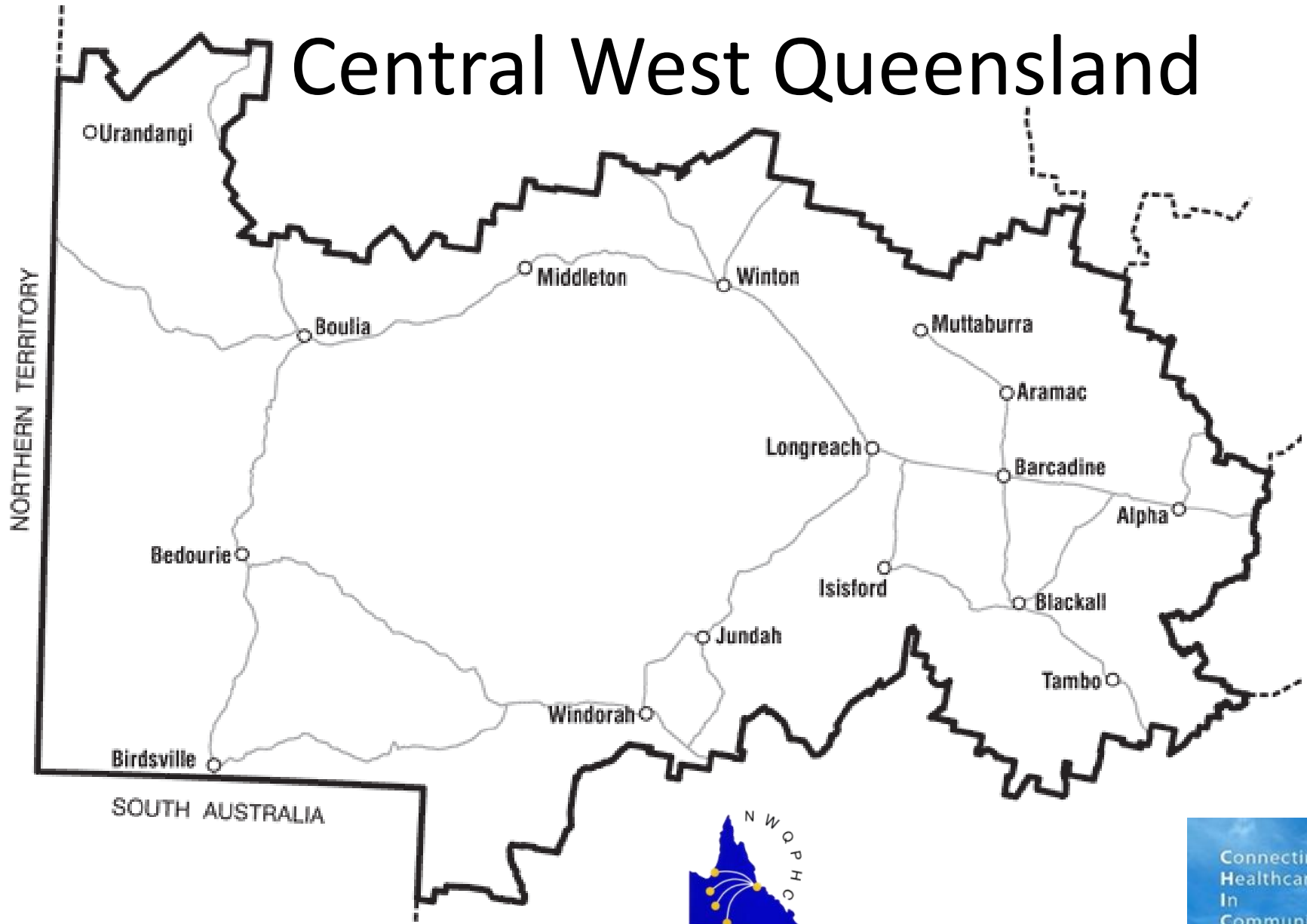
- Poor access to healthcare
- Poor utilization of services
- Impact of lifestyle choices
- Cultural attitudes
- Lack of health promotion

Statistically,

- Men are less likely than women to access healthcare services
- When they see a doctor, men spend less time with them than women do
- When men do access healthcare services, they focus on physical problems and are less likely to discuss mental and emotional problems.



Central West Queensland







Screening

- ***Shock Absorbers – Psychological Distress (K10)***
- ***Oil Pressure – Cholesterol (TC, HDL, non-HDL), and blood pressure***
- ***Battery Check – Diabetes***
- ***Chassis Length - Waist circumference***
- ***Exhaust – Smoking (Spirometry)***
- ***Fuel – Diet***
- ***Fuel Additives – Alcohol and Drugs***
- ***Fuel Injectors – Prostate Cancer (PSA)***
- ***Extractors – Bowel Cancer kit***



Health educational materials on:

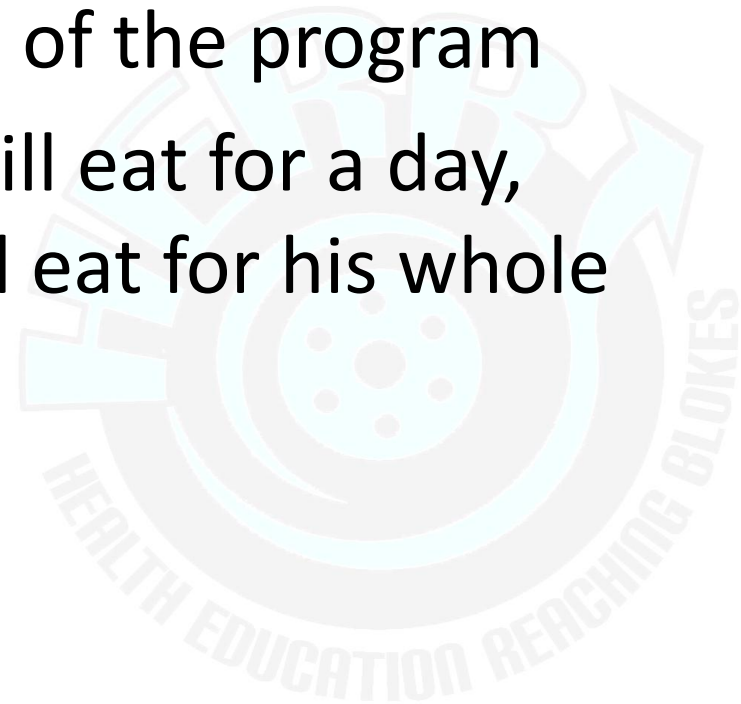
- *Prostate cancer*
- *Testicular cancer*
- *Cardiovascular risk*
- *Social and Emotional Wellbeing (Mental Health)*
- *Diabetes*
- *Lung disease*
- *Bowel cancer*
- *Sexual and reproductive health*
- *Nutritional eating*
- *Fitness/exercise*
- *Alcohol & drug use*
- *Skin cancer*



Health Promotion

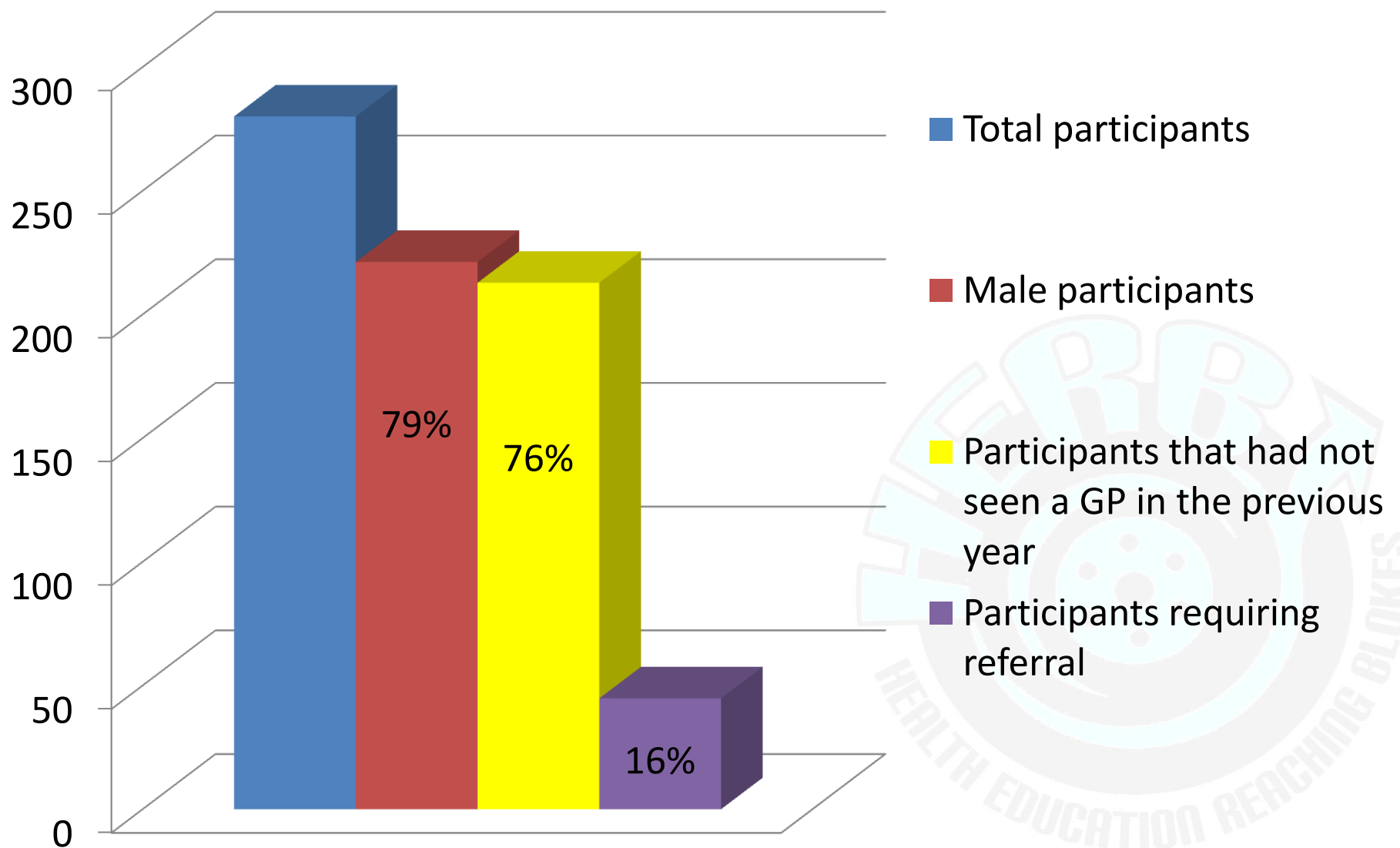
Preventative Healthcare

- ***Empower the individuals to exert ownership over their health by providing accessible, individualized health education***
- Increase longevity of effects of the program
- “Give a man a fish and he will eat for a day, teach him to fish and he will eat for his whole life.”

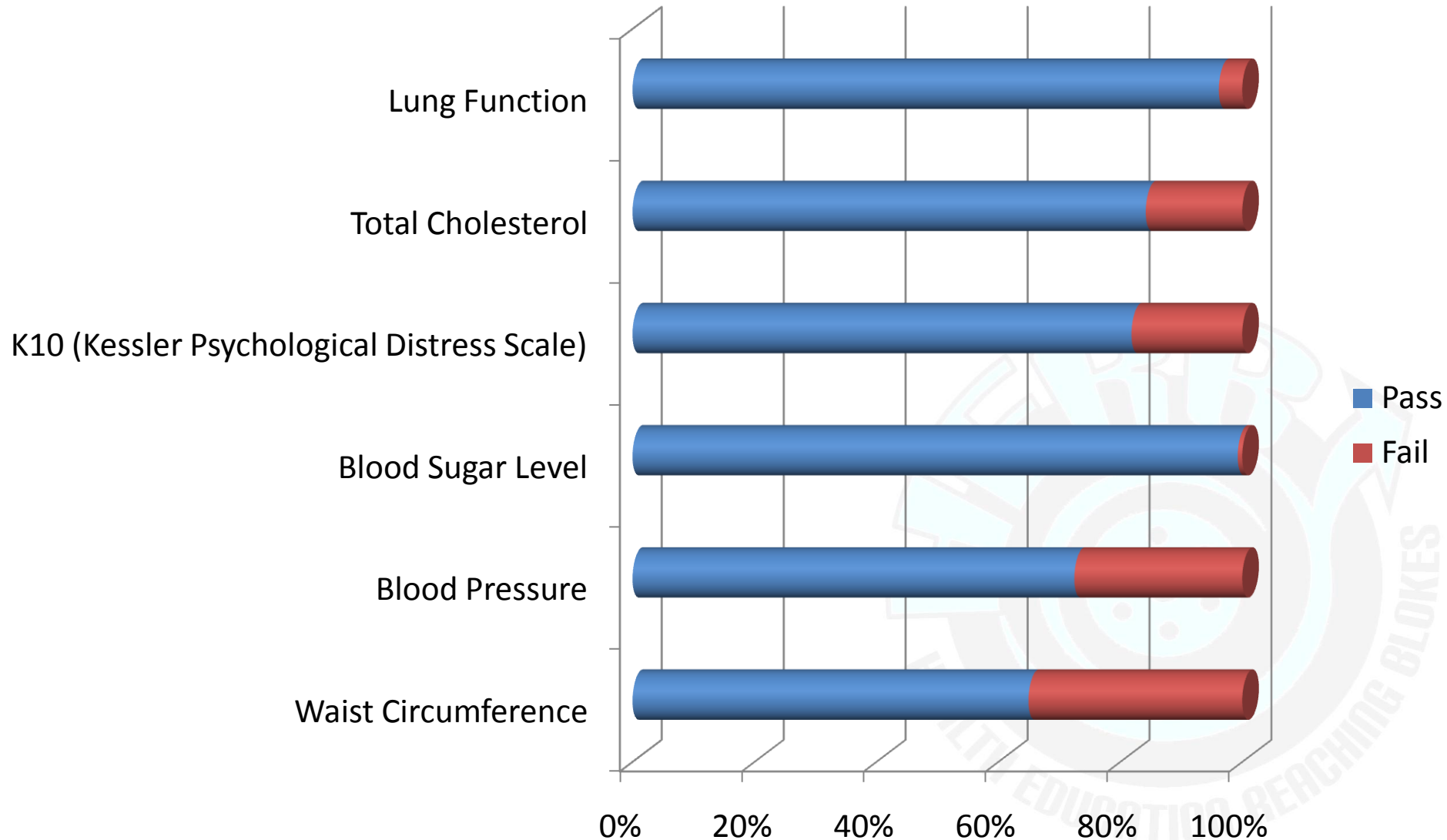


RESULTS

(as at 3 months into the program)

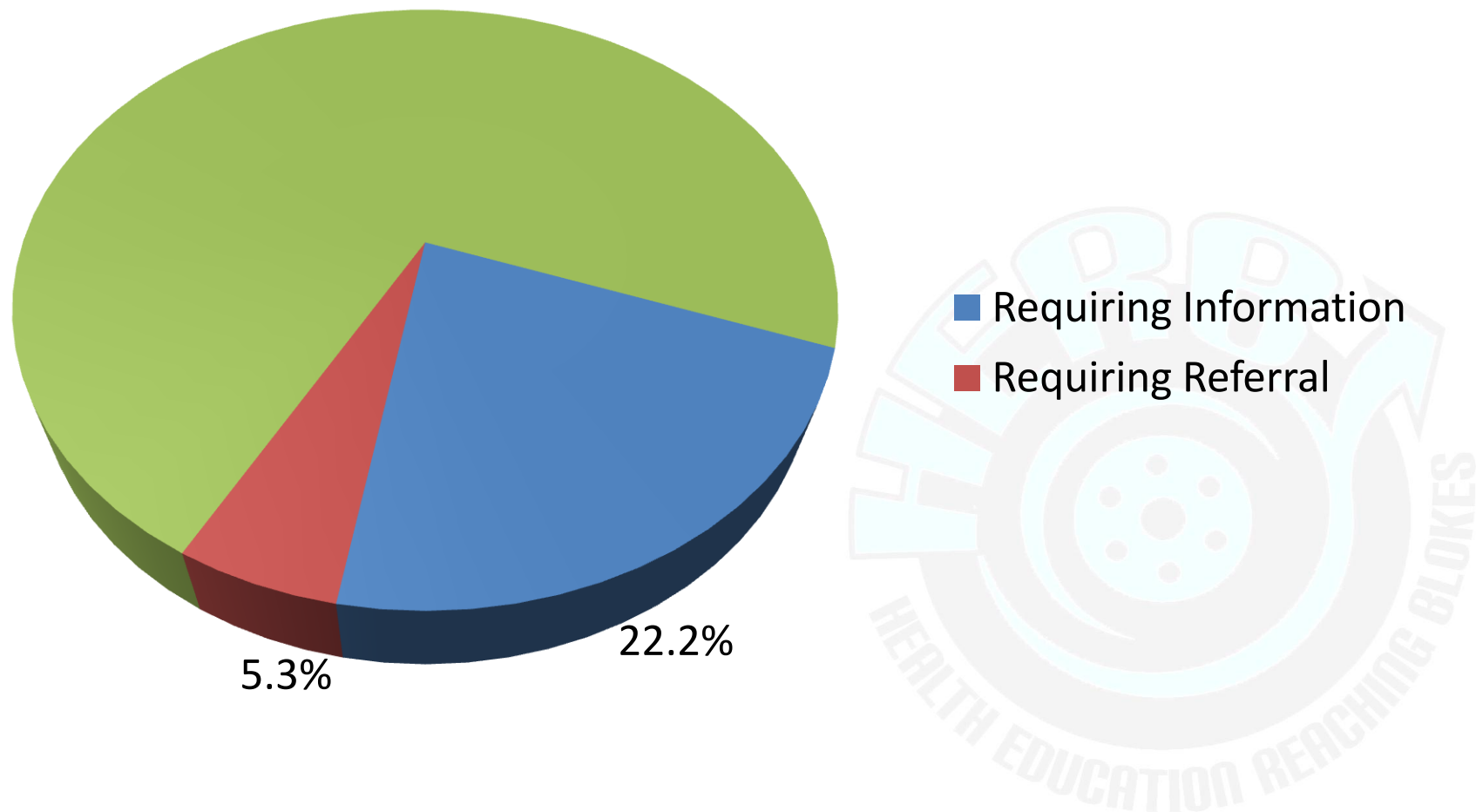


Performance on Individual Screening Items

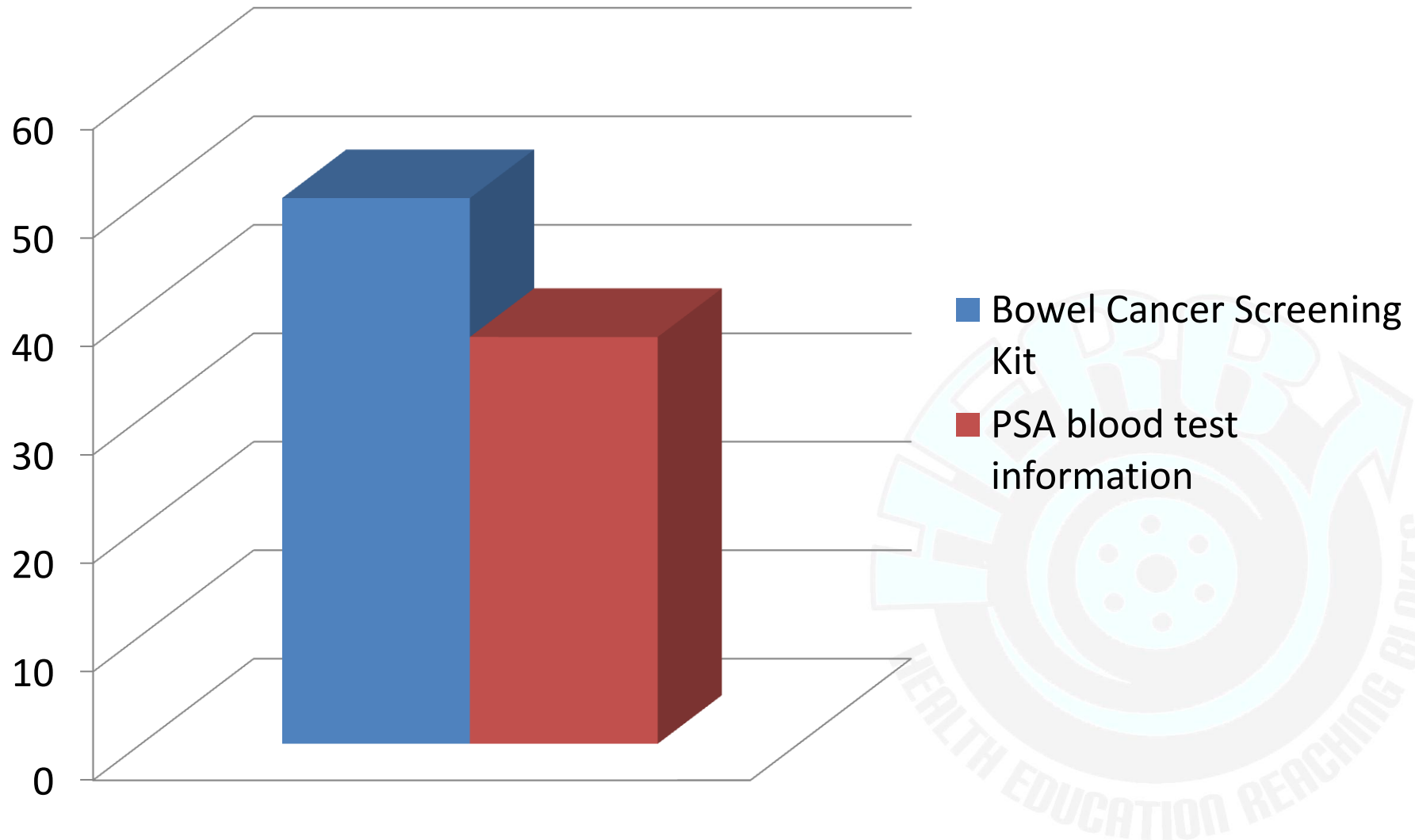


Emotional Wellbeing Scores

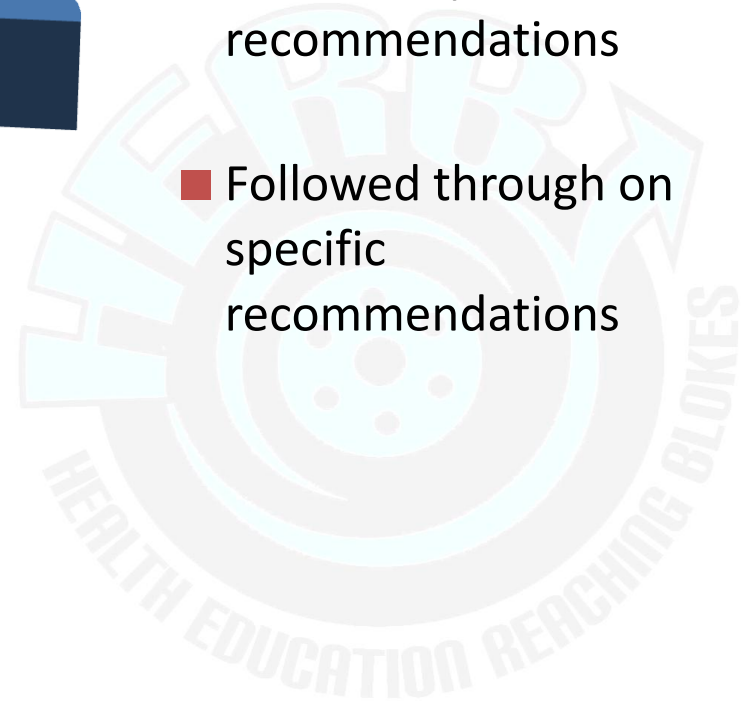
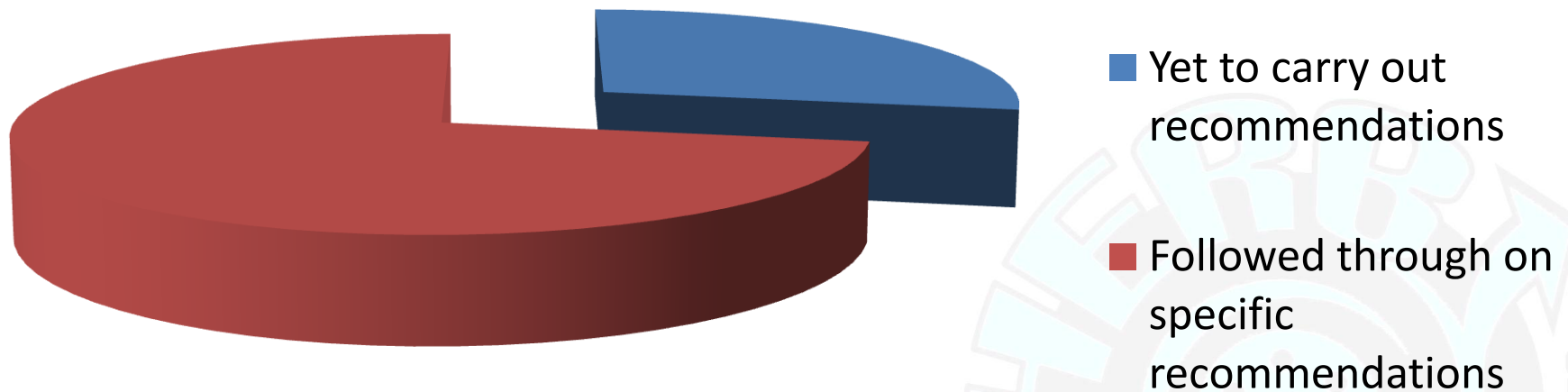
K10 (Kessler Psychological Distress Scale)



Prostate Cancer & Bowel Cancer (% of total participants)



Evaluation of effectiveness



Recommendations

- An ongoing difficulty faced by rural and remote communities in accessing healthcare indicates the need to re-orientate service delivery modes specific to the targeted region. Individual community factors need to be considered in designing appropriate access.
- Empower individuals to exert ownership over their health, by providing accessible and individualized health education, and thereby building community capacity.
- Get out of the office and go to where the need is.
- Don't be number driven. Be outcome driven.