



## International Men's Health Week 2009, 15-21 June 2009

<b>Austria</b>	Theme: general men's health Men's Health Day (Vienna), 19 <sup>th</sup> June
<b>Denmark</b>	Theme: men and cancer Event: Danish Men's Health Week launch, 16 <sup>th</sup> June Event: 7 <sup>th</sup> Men's Health Award 2009, 16 <sup>th</sup> June Campaign: "Meet Men at the Carwash", 15-21 <sup>st</sup> June Campaign on skin cancer, 15-21 <sup>st</sup> June Campaign: "Healthy Food that Men Like!", 15-21 <sup>st</sup> June Mini manual: "Men and Cancer" and other publications, 15-21 <sup>st</sup> June Theatre performance: "Men and Cancer", 15-21 <sup>st</sup> June Smoking cessation survey, 15-21 <sup>st</sup> June Series of Conferences, 15-21 <sup>st</sup> June
<b>England &amp; Wales</b>	Theme: men and access to services Event: Balloon debate at the O2, 15 <sup>th</sup> June Mini manual: Choices and Challenges: Improving Men's Access to Health Services Policy document about men's use of health services Health checks (MOTs), 15-21 <sup>st</sup> June Challenge cards, 15-21 <sup>st</sup> June Coordination of thousands of local activities across England and Wales, 15-21 <sup>st</sup> June
<b>Hungary</b>	Theme: men and risk Conference: "Men and Risk", 16 <sup>th</sup> June
<b>Ireland</b>	Theme: men's prompt use of health services Poster campaign, 15-21 <sup>st</sup> June National TV Campaign: Profile on Men's Health, 15-21 <sup>st</sup> June Mini manual: "Male Minder"
<b>Netherlands</b>	Theme: general men's health Campaign: sexual health and cardiovascular risk factors, 15-21 <sup>st</sup> June
<b>Portugal</b>	Theme: general men's health Conference: "Men's Health", 15 <sup>th</sup> June
<b>Scotland</b>	Theme: men and access to services Event: 4 <sup>th</sup> "10 K for Men", 21 <sup>st</sup> June Information day on Men's Health, 17 <sup>th</sup> June Special newsletter and events directory
<b>Slovakia</b>	Theme: general men's health National TV Campaign: Men's Health Crisis, 15-21 <sup>st</sup> June

## About International Men's Health Week

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International Men's health week takes place each year in the week leading up to father's day in many countries worldwide. The event aims to increase awareness of general male health issues and to encourage inter- and intra-national institutions and organisations to provide better care for health issues affecting men.

## Activities by Country

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### Austria

Theme: General Men's Health

- **Men's Health Day** (Vienna), 19<sup>th</sup> June  
MEN Männergesundheitszentrum Wien organises male health checks, including lung function, blood pressure and body max index and setup of counselling points in German, Turkish and Bosnian-Croatian-Serbian languages.

Contact: Mag. Romeo Bissuti. [romeo.bissuti@wienkav.at](mailto:romeo.bissuti@wienkav.at)

Organisation: MEN Männergesundheitszentrum <http://www.men-center.at/>

### Denmark

Theme: Men and Cancer

Men's Health Society Denmark (MHSD) in partnership with other local organisations organise the following activities:

Contact: Dr. Svend Aage Madsen, [svendaage@madsen.mail.dk](mailto:svendaage@madsen.mail.dk)

Organisation: Men's Health Society Denmark <http://www.sundmand.dk/index.htm>

- **Launch event**, 16<sup>th</sup> June  
Launch of the Men's health week by Mr Jakob Axel Nielsen, Danish Minister for Health and Prevention
- **7th Men's Health Award 2009**, 16<sup>th</sup> June  
Nominated individuals and organisations will receive prizes for their outstanding achievements in the field of men's health
- **Carwash Campaign: Meet men at the carwash**, 15-21 June  
Distribution of 47000 flyers to men at carwashes around the country. This campaign aims to raise awareness on men's knowledge of the warning signals from their bodies
- **Canteen campaign: Healthy food that men like!**, 15-21 June

Built on last year's successful experience, canteens of large companies all over the country will serve dishes that men like, specially prepared with whole grain

- **Publications**

A large number of publications, including the Danish version of the "men and cancer" mini manual by Dr Ian Banks will be distributed throughout Denmark

- **Theatre performance: "Men and Cancer"** , 15-21 June

Well known Danish actor Tim Torndyb will play a short theatre piece on men and cancer at the launch event of the Men's Health Week, and in various others venues along the week.

- **Smoking cessation survey** , 15-21 June

A web based survey on smoking cessation will be carried out along the week. It will look at men's motivations to stop smoking.

- **Conferences**

22 municipalities around the country will organise a series of conferences and seminars on the theme of men and cancer

- **Hundreds of additional events throughout Denmark** run by local partners, including a Skin cancer campaign: a series of organised runs, biking and kayaking events around the country to raise awareness of melanoma.

## England & Wales

Theme: Men and access to services

- **Balloon debate at the O2 Arena**, June 15<sup>th</sup>

The Men's Health Forum balloon debate will cover key men's health issues: primary care, workplace and how men get health information messages for the media in an innovative and entertaining way.

Contact Kristin McCarthy [K.McCarthy@menshealthforum.org.uk](mailto:K.McCarthy@menshealthforum.org.uk)

Organisation: Men's Health Forum England & Wales, <http://www.menshealthforum.org.uk/>

- **Choices and Challenges: Improving Men's Access to Health Services mini manual**, June 15-21

The Mini Manual will look out at 10 challenges and provide further information for men on where they can access services and get further information on their health needs.

Contact Kristin McCarthy [K.McCarthy@menshealthforum.org.uk](mailto:K.McCarthy@menshealthforum.org.uk)

Organisation: Men's Health Forum England & Wales, <http://www.menshealthforum.org.uk/>

- **Challenge cards, 15-21 June**

Distribution of cards with 10 health challenges that any man can do, including physical activity, fruit and vegetable consumption and health checks

Contact Kristin McCarthy [K.McCarthy@menshealthforum.org.uk](mailto:K.McCarthy@menshealthforum.org.uk)

Organisation: Men's Health Forum England & Wales, <http://www.menshealthforum.org.uk/>

- **Local activities across England and Wales, 15-21 June**

Men's Health Forum will provide tools to support local events, organised by individual primary care or other health organisations, workplaces, community groups, etc., eg. 'MOT' checks for men or health improvement campaigns on lifestyle issues. A key theme will be encouraging men to make better use of the widest possible range of services.

Contact Kristin McCarthy [K.McCarthy@menshealthforum.org.uk](mailto:K.McCarthy@menshealthforum.org.uk)

Organisation: Men's Health Forum England & Wales, <http://www.menshealthforum.org.uk/>

- **Policy document on men and their use of health services**

The Men's Health Forum will publish a new policy document on men and their use of health service.

Contact Kristin McCarthy [K.McCarthy@menshealthforum.org.uk](mailto:K.McCarthy@menshealthforum.org.uk)

Organisation: Men's Health Forum England & Wales, <http://www.menshealthforum.org.uk/>

- **Health checks (MOTs) , 15-21 June**

Bradford & Airedale Teaching Primary Care Trust organises health checks at various venues including among others local cafés, job centres in Bradford and a walk with the first Professor of Men's Health.

Contact Chris Andrew, [Chris.Andrew@bradford.nhs.uk](mailto:Chris.Andrew@bradford.nhs.uk).

Organisation: <http://www.bradfordairedale-pct.nhs.uk/>

## **Hungary**

Theme: Men and risk

- **Men and risk conference, June 16<sup>th</sup>**

The National Institute for Health Development organises a one day conference for 150 professional delegates on men and risk: depression, suicide, alcohol, drugs, smoking, domestic violence, workplace, traffic and sport accidents, stress, obesity, and infrequent visits to GPs.

Contact: Péter Csizmadia, [csizmadia.peter@oefi.antsz.hu](mailto:csizmadia.peter@oefi.antsz.hu)

Organisation: National Institute for Health Development, <http://www.oefi.hu/index.html>

## Ireland

Theme: Men's prompt use of health services

Men's Health Forum Ireland organises the following activities:

Contact Dr. Noel Richardson, [Noel.richardson@itcarlow.ie](mailto:Noel.richardson@itcarlow.ie)

Organisation Men's Health Forum Ireland, <http://www.mhfi.org/>

- **Poster Campaign, 15-21 June**  
Poster campaign on the theme "Don't delay...see your doctor today". The posters will be delivered to GP practices, betting offices and golf clubs in Ireland.
- **National TV Campaign: "Men's Health", 15-21 June**  
National TV campaign, profiling 'male-friendly' GP services and exploring men's reluctance to access primary health services promptly.
- **"Male Minder" mini manual**  
The "male minder" mini manual, specifically commissioned for male postal workers, will be distributed to 10,000 male postal workers in Ireland as part of Men's Health Promotion Week within 'An Post' (Postal Service in Ireland).

## Netherlands

Theme: General men's health

- **Campaign on Sexual health and cardiovascular risk factors, 15-21 June**  
Mannenklinieken (Men's Health Clinics) organises a series of information sessions by urologists, cardiologists and GPs addressed to patients and general public at Amstelland Hospital.

Contact Dr. Y.Reisman, [c.reisman@planet.nl](mailto:c.reisman@planet.nl)

Organisation: Mannenklinieken <http://www.mannenklinieken.nl/index.php>

## Portugal

Theme: General men's health

- **Conference-debate on Men's Health, 15 June**  
The Directorate General of Health, the Institute for Hygiene and Tropical Medicine and the Portuguese Association of Epidemiology will organise a one day conference-debate on men's health focusing namely on primary health care, sexuality and behavior patterns. The

conference will be addressed to Portuguese politicians, government officials, senior representatives from the National Health Service and the media.

Contact: Bruno de Sousa, [bruno.desousa@ihmt.unl.pt](mailto:bruno.desousa@ihmt.unl.pt) and Mário Carreira [mcarreira@dgs.pt](mailto:mcarreira@dgs.pt)

Organisation: Institute for Hygiene and Tropical Medicine <http://www.ihmt.unl.pt/>

Directorate General of Health <http://www.dgs.pt/>

## Scotland

Theme: Men and access to services

The Men's Health Forum Scotland organises the following activities:

Contact Maureen Dunn, [maureen@mhfs.org.uk](mailto:maureen@mhfs.org.uk)

Organisation: Men's Health Forum Scotland <http://www.mhfs.org.uk/>

- **4<sup>th</sup> "10K for Men"**, June 21<sup>st</sup>  
Building on a series of highly successful events, this 10km run is organised by Men's Health Forum Scotland and provides a major focus for National Men's Health Week. It brings together men of all abilities aged 15 or over from Scotland and beyond to walk, jog, and/or run the route.
- **Information day on Men's Health**, 17<sup>th</sup> June  
Reid Kerr College will hold an information-packed day on men's health for men (and women) with the participation of over thirty organisations.
- **Special Newsletter and Events Directory**  
Directory of events that happen across Scotland during the Men's Health Week.

## Slovakia

Theme: General men's health

- **Campaign: Men's health crisis**, 15-21 June  
Real Men Slovakia organises a National TV campaign on men's health crisis and its impact on the workplace and family life.

Contact: Dr. Stefan Horvath, [hotvstef@stonline.sk](mailto:hotvstef@stonline.sk)