

HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Men's Health Week June 12 - 18

Men's Health Week is a time to promote good health and wellbeing and we invite you to find something happening in your area or get involved by organising a health display, use this newsletter at your toolbox talk or hold healthy morning tea at your workplace. Lets start talking men's health. www.menshealthweek.org.au

Men's Health - Face the facts

- » Men live on average 5 years less than women
- » 4 preventable male deaths occur every hour
- » Male suicide is the leading cause of death for men under 44 years of age - significantly more than the national road toll
- » 66% of Australian men are overweight
- » More men die from prostate cancer than women from breast cancer
- » Men in blue collar work (such as trades) are 2 ½ x more likely to die from liver disease than white collar workers
- » Almost ¼ of men have not seen a Dr in the past year and 1 in 10 have not seen a Dr in 5 years

Source: *Foundation 49 Mens Health Toolkit*

Decades of Life

THE ROAD MAP FOR GOOD HEALTH!

YOUR 20s:

You have your whole life ahead of you – new found independence, fun and risk taking opportunities as you take control of your life.

Just be aware of the health issues affecting your age group.

Too much grog, smoking and drugs, plus sexually transmitted diseases and accidents are largely self-inflicted.

Be aware of your mental health as young men are vulnerable to emotional issues leading to self harm and suicide.

Find a doctor (GP) you feel comfortable with and have a yearly health check and a chat about any other health concern you may have.

DIY TIPS

- Drink moderately – don't binge and if you drink or take drugs and drive you are a b-----y idiot!
- Keep active – maintain a healthy weight and continue to meet with your mates for sport and exercise – try cycling
- Look after your skin – slip slop slap – avoid future skin cancer
- Practise safe sex – use a condom
- Eat nutritious food and plenty of fruit and vegetables
- Talk about any emotional problems or concerns, seek help – your GP or a counsellor will assist you
- Enjoy life – value your relationships and yourself!
- Laugh lots and loud
- Quit the smokes

20's HEALTH CHECK

- ✓ Weight and waist measurement
- ✓ Blood pressure
- ✓ Examine your testicles for lumps or bumps – feel anything unusual? Get it checked out immediately
- ✓ Skin cancer screening – get those moles checked out
- ✓ Blood cholesterol and glucose
- ✓ Anxiety and depression – talk to your GP about any concerns
- ✓ Sexually transmitted diseases

Lift your game to maintain a healthy lifestyle

7 HEALTHY HABITS FOR MEN

Only 25% of a man's health is determined by his genetics. The other 75% is his choice.

- 1. FIND & SEE A GP**
Have a yearly check up with a doctor - find one www.nhsd.com.au
- 2. GET ACTIVE**
Aim for at least 30 minutes of activity everyday
- 3. LOSE THE BELLY FAT**
Maintain a healthy weight. Work out your BMI at www.getthealthy.sa.gov.au
- 4. MORE FRUIT - MORE VEGETABLES**
Aim for 2 serves of fruit and 5 serves of vegetables
- 5. QUIT SMOKING**
Changing long-term habits can be hard, there are resources and support to help you quit - Quitline 137848
- 6. CUT DOWN BOOZE**
Drink in moderation - 2 standard drinks per day should be your maximum www.alcohol.gov.au
- 7. MANAGE HEAD HEALTH**
Don't be manly - seek support – talk to your GP, Beyondblue 1300 22 2638 Lifeline 13 11 14

Supplied by Foundation 49 - Know the health risks for your age group and what to do to reduce them - www.49.com.au

The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

So many places to go to improve Men's Health... here are a few

There are a number of free programs and services that focus on men's health and wellbeing issues.



Mens Line Australia
www.mensline.org.au
 1300 78 99 78

MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues. Through our dedicated counselling services, available through a range of modalities, MensLine provides:

- » A safe and private place to talk about concerns;
- » Confidential, anonymous and non-judgmental support;
- » Coaching and practical strategies for managing personal relationship concerns;
- » Relevant information and linkage to other appropriate services and programs as required.



Foundation 49
www.49.com.au
 (03) 8532 1516

- » Foundation 49: Men's Health's vision is 'to enable men to live longer and healthier lives'. The website offers men's health information to different ages and access to order Mens Health Toolkit booklets.
- » **Men's Health Toolkit booklet** covering a range of men's health topics in everyday language with tips through each 'Decade of Life' - a 46 page colour A5 booklet.



Spanner in the Works and the Machine Man logo are copyright of the Australian Men's Shed Association

Australian Men's Shed Association
www.mensshed.org

- » The Australian Men's Shed Association is an Australian organisation that specialises in the needs of men, their health and wellbeing and their communities. Sheds are located in the Adelaide metropolitan area and country areas. Details can be obtained from the Men's shed locator on their website.
- » The Australian Men's Shed Association initiative known as 'Spanner in the Works?' is a website provides some key health information for men in a form to which men can relate. Each health subject has one or more direct links to a relevant Australian peak body health service. Visit www.malehealth.org.au

beyondblue
www.beyondblue.org.au
and Man Therapy
www.mantherapy.org.au

- » *beyondblue* have a number of free downloadable resources specifically for men and dedicated interactive websites including Man Therapy featuring Dr Brian Ironwood and Davo who are on hand to help blokes when the going gets tough.
- » *beyondblue* is an independent, not-for-profit organisation working to reduce the impact of anxiety, depression and suicide in Australia. Visit www.beyondblue.org.au or 1300 22 4636



www.sahealth.sa.gov.au

- » SA Health has released down-loadable men's health brochures that provide information on steps that can be taken to improve health by tackling the lifestyle factors that have the greatest impact on health and well-being. [Click here](#) to access these brochures.
- » The Healthy Workers - Healthy Futures Toolkit and website can help you plan and implement healthy choices in your workplace. [Click here](#) to get started today!



www.getthehealthy.sa.gov.au
 1300 806 258

- » This service provides free personal health coaching. The Get Healthy telephone coaching service can help you set goals, identify healthy changes and keep you motivated and on track to meet your goals.
- » Get Healthy is available to all adults across South Australia from 8:00am to 8:00pm, Monday to Friday. Interested people can register by calling 1300 806 258 or on-line at www.getthehealthy.sa.gov.au. All participants can receive up to 10 telephone sessions with their personal qualified health coach.



www.healthdirect.gov.au
 1800 022 22

- » 'healthdirect: trusted health information and advice online, in an app, and over the phone, available 24 hours a day, 7 days a week. Funded by the Governments of Australia.'



- » Specific Men's health information can be found at - www.healthdirect.gov.au/mens-health
- » The new healthdirect app is Australia's free health app that helps you make informed decisions about your health. You can use the app to check your symptoms with the healthdirect Symptom Checker, find a health service when and where you need it and search for trusted health information.