

# Executive Summary

## Harrow Men's Health Night April 2007 Harrow, Victoria

**Response Rate to Survey 88 %**

**Developed by  
Centre for Advancement of Men's Health**

For

Harrow Bush Nursing Centre  
for  
Harrow & Districts

**Sponsored by**

AFL  
Jetset Travel, Horsham  
Marj Kennedy  
West Wimmera Rural Services  
Hermitage Hotel, Harrow  
Thrifty Link Hardware, Horsham  
Kolmar House, Harrow  
Horsham Sports & Leisure  
Harrow Café  
Edenhope Pharmacy  
Autopro, Horsham  
Western Victoria Wholesalers  
West Wimmera Shire  
Wimmera Primary Care Partnership

**Report Prepared by: Joanne Neill/Bernard Denner  
Centre for Advancement of Men's Health  
Affiliate Men's Awareness Network  
PO Box PC1403 MILDURA VIC 3501  
Phone: 0419 566 750  
Email: [bernard@mannot.com.au](mailto:bernard@mannot.com.au)  
[www.mannot.com.au](http://www.mannot.com.au)**

# Harrow Men's Health Night

## Executive Summary

170 attended / 132 respondents ...88% return rate  
150 surveys were distributed on the night

- ? *Not all respondents chose to answer all questions*
- ? *Some respondents may have chosen to tick more than one answer*
- ? *Some questions have multiple-choice answers*

### General Statistics

#### Age Group

**0.75%** 16-19  
**8.3%** 20-29  
**13.6%** 30-39  
**31%** 40-49  
**29.5%** 50-59  
**18.9%** 60+

#### Marital Status

**79.5%** Married  
**10.6%** Single  
**4.5%** Partner  
**3.7%** Divorced  
**1.5%** Separated  
**1.5%** Widower  
**0.75%** De Facto

#### Occupation

**50.7%** Farmer  
**25.7%** Self Employed  
**11.3%** Manual  
**8.3%** Retired  
**6.8%** Professional  
**3.7%** Trade  
**1.5%** Unemployed

## Top 10 Men's Health Issues

1. Cancer
2. Heart Disease
3. Blood Pressure
4. Prostate Cancer
5. Cholesterol
6. Anxiety / Stress
7. Depression
8. Mental Health Issues
9. Urinary / Bladder Problems
10. Relationships

## Doctor's Visits

**82.5%** Visited Doctor – last 12 months

**61.1%** 1-5 visits

**16.6%** 6+ visits

**47.7%** Check Up

**19.6%** Illness

**19.6%** Injury

**6.8%** Personal Issues

**3.78%** General Chat

Other:

Mole scan

Diabetes

Depression and Fatigue

Operation

Prescriptions

Injection

## Visit

**33.3%** Good

**27.2%** Very good

**21.2%** Satisfactory

**3.7%** Too Quick

**1.5%** Didn't understand you

**0.75%** Didn't understand Doctor

## Comment:

Straight out, very good

### Other Health Worker's Visits

**37.8%** visited other Health Workers – last 12 months

**8.3%** Community Health Nurse  
**3.7%** Dietician  
**3.7%** Diabetes Educator  
**3%** Podiatrist  
**2.2%** Counsellor

#### Other:

Surgeon  
Chiropractor  
Masseur  
Cardiologist  
Psychologist  
Dermatologist  
Endocrinologist  
Eye Specialist  
Orthopaedic  
Dentist  
Sleep Disorder Clinic  
Oncologist

### Visits

**27.8%** 1-5  
**6.8%** 6+

**15.9%** Very good  
**10.6%** Good  
**5.3%** Satisfactory  
**0.75%** Didn't understand you

### After tonight ..... 'Will You'

**34.8%** see a Doctor  
**34.8%** reduce weight / exercise  
**31%** attend future sessions – Men's Health  
**28%** relax more  
**26.5%** work on Relationships/Family  
**24.2%** eat less fat / cook better  
**16.6%** talk to someone if depressed  
**16.6%** change unhealthy habits  
**10.6%** reduce alcohol / drinking  
**9%** reduce smoking  
**7.5%** come to Health Screening  
**3.7%** visit Health Service

## Reaction to Night

- 81.8%** thought Men's Health Night was valuable
- 87.8%** want more sessions on men's health
- 94.6%** thought night had been GOOD for them
- 93.1%** thought the beer and food a good idea

### Comment:

It is a serious subject. Most will probably remember the jokes and cartoons rather than the information

## Future Sessions

- 61.3%** General Health / Wellbeing
- 46.2%** Relationships/Family Issues
- 39.3%** Heart Disease / Diabetes
- 34%** Prostate Cancer
- 29.5%** Depression / Suicide
- 17.4%** Addiction Issues ..... Alcohol / Drugs
- 12.8%** Parenting

## What makes them DEPRESSED OR FEEL ORDINARY

### Relationships with

- 24.2%** workplace or lack of work
- 12.8%** self
- 11.3%** partner
- 9%** family
- 6%** ex partner
- 5.3%** children
- 4.5%** community

- 37.8%** happy with relationships

### Work

- 36.3%** drought
- 30.3%** uncertain income
- 29.5%** stress/tension
- 27.2%** uncertain future
- 24.2%** long hours
- 11.3%** isolation
- 8.3%** lack of qualifications
- 7.5%** uncertainty of employment
- 6%** retirement
- 3%** unemployment

- 21.9%** happy with work/income

## Sex

- 28.7%** lack of sex (passion)
- 10.6%** issues of sex with partner
- 10.6%** lack of opportunity
- 9.8%** love
- 9%** not performing
- 2.2%** knowledge of sex

**37.1%** happy with sex/intimacy

### **Comment:**

I am 80 years old!!!

## **Telephone Counselling**

### Personal Life

- 58.1%** WOULD NOT chat to a telephone counselling service
- 34%** WOULD chat to a telephone counselling service

Prefer to chat to:

- 39.3%** Doctor
- 38.6%** Mates
- 36.3%** Partner/Family
- 6.8%** Community Health Nurse
- 3.7%** No One
- 1.5%** Mental Health Services

### Drought

- 64.3%** WOULD NOT chat to a telephone counselling service
- 23%** WOULD chat to a telephone counselling service

If not -

- 28%** Prefer face to face counselling
- 18.9%** Prefer to chat with legal, accountant, business or agricultural services
- 12.8%** Don't like telephone
- 12.1%** Feel counselling not needed
- 10.6%** Would source own counsellor

### **Other reasons:**

Face to face enables you to sum up the advisor as to ability and sincerity  
Just need rain

## Heard about the night .....

**42.4%** Flyer  
**27.2%** Partner/Wife  
**25.7%** Local paper  
**25%** Word of Mouth  
**11.3%** Advertisement  
**7.5%** Health Service  
**7.5%** At pub from mate  
**6.8%** Workplace  
**4.5%** Doctor / Nurse  
**4.5%** Organisation / Workplace  
**2.2%** Media

## SPEAKERS / NIGHT

**Bernard Denner** 4.7 out of 5

### Comments:

Good Bloke  
Made a lot of sense  
Great talker, but I thought he skipped some of the results/data a bit quick – ok if we had a handout  
Great speaker, well done  
Very informative, made information clear and interesting  
Too long, unnecessary expletives  
Great – covered most subjects  
Down to earth, straight down the line  
Should allow time for questions  
Entertaining, confronting, blunt  
Loud and clear, holds people's attention  
Very easy to listen to and funny  
He was great  
Very interesting

**Dr. Mark Johnson** 4.7 out of 5

### Comments:

Honest  
Very good  
Very practical  
Very informative, excellent  
Very informative  
Should allow time for questions  
Great message, great presentation  
Very easy to listen to and funny  
Good simple example  
Very good

**Neil Kearney**

4.6 out of 5

**Comments:**

Funny  
Just good  
Good laughs but not related to topic  
Good humour, brilliant  
Very entertaining  
Just what the night needed at end  
Very humorous  
Very easy to listen to and funny  
Good to hear  
Very good

**Venue and Supper**

4.5 out of 5

**Comments:**

Good work  
Very enjoyable night, great information that is relevant to everyone in the community  
As always very, very good  
PA system a little loud – tended to be not too clear  
Hats off to all involved in organising the night  
Venue was good to accommodate such a large crowd. Did not stay for supper.  
The meal was above expectation. The venue was very suitable. Football clubrooms suited the night very well.  
Thank everyone in helping  
Good  
Harrow and District should have had chance to earn income eg, bbq  
A very good night, should have a lot more nights. Thank you Harrow Bush Nurse Ladies.

**Organisation and Presentation** 4.7 out of 5**Comments:**

Very good, made you think of what is going on around you  
Very well suited to the crowd  
Credit to everyone involved  
Very informative and enjoyable  
Well promoted and organised