

REPORT

Men's Health Night Executive Summary

On behalf of



***Huon Valley Council...Tasmania
Southern Most Council in Australia***

Huon Valley Community Men's Health Night
19 July 2006

Venue: Huonville Bowls Club

Huon Valley Council also conducted a Workplace Men's
Health session for 70 of their male workforce

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Executive Summary

Huonville Community Men's Health Night

97 attendees

74 Respondents

76% return rate

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

Age Group

11% of the respondents were in the 30-39 age groups.

21% of the respondents were in the 40-49 age groups.

28% of the respondents were in the 50-59 age groups

37% of the respondents were in the 60+ age group

Marital Status

78% of the respondents are married

6% of the respondents are separated

5% of the respondents are in defacto relationships

4% of the respondents are single, divorced or widowed

Top 10 areas of health

Heart Disease

Cancer

Cholesterol

Prostate Cancer

Blood Pressure

Diabetes

Relationships

Anxiety/Stress and Urinary/Bladder Problems – equal eighth

Alcohol Use and Depression – equal ninth

Respiratory Problems and Sexual Difficulties – equal tenth

General Practitioners / Health Practitioner Visits

82% of the respondents had attended a GP in the last 12 months

55% had attended for a Check-Up

25% had attended due to an Illness

23% had attended due to an Injury

40% felt that their visit had been - Very Good

27% felt that their visit had been - Good

23% felt that their visit had been - Satisfactory

2% felt that their visit had been- Too Quick

55% had attended other Health Practitioners in the last 12 months
29% felt that their visit had been - Very Good
17% felt that their visit had been - Good
8% felt that their visit had been - Satisfactory
2% felt that their visit had been - Too Quick

Respondents indicated that they had attended GPs or HPs anywhere between once to 20 times over the last 12 months

Issues the respondents would like to address the most?

General health issues
Handling separation with kids
Relationship and parenting sessions
R&R
Life
Stress
Relaxation
Maybe participants can agree to get together for some regularly exercise etc.
Formation of Men's Health Club
Health and wellbeing
Male menopause
Stress
Anxiety
Spirituality and how the lack of it impacts on our society. We have lost touch with our essence.
More concrete information on how to deal with issues which a person can do. For instance, like a process and procedure to diffuse anxiety, arguments, good quality economic eating, useful signs and symptoms re cancer, pain management, and organising life well.
Dealing with cancer and heart disease
Possibly latest development on treatments etc for major health issues
General health
All
"Keep reinforcing the message"
Diet, heart and stroke information
The men's nights

Response to Men's Health Night

84% of the respondents felt that the Men's Health Night had been valuable for them
82% of the respondents would like to attend a Health Risk Assessment Screening
81% of the respondents would like more nights on health issues

29% of the respondents indicated that they would attend a Health Risk Assessment Screening at their Club
18% of the respondents indicated that they would attend a Health Risk Assessment Screening at the Health Service

66% indicated that they would prefer a Health Risk Assessment Screening during the evening
14% indicated that they would prefer a Health Risk Assessment Screening during the day

96% of the respondents had not attended a Men's Health Night before
1% of the respondents had attended a Men's Health Night before

As a result of the Men's Health Night

- 40%** will increase their exercise
- 36%** will work on relationships
- 30%** will relax more
- 25%** will see a GP
- 22%** will attend sessions in Men's Health
- 18%** will attend Health Screenings
- 17%** will reduce weight
- 17%** will change unhealthy habits
- 16%** will eat less fat
- 5%** will reduce smoking
- 1%** will visit a health service

How did you hear about the night?

- 24%** of the respondents indicated through a Poster
- 24%** of the respondents indicated through a Rates Notice
- 21%** of the respondents indicated through their Club or Association
- 20%** of the respondents indicated through their local paper
- 18%** of the respondents indicated through an advertisement
- 18%** of the respondents indicated through Word of Mouth
- 9%** of the respondents indicated through their Workplace
- 5%** of the respondents indicated through the media
- 4%** of the respondents indicated through their partner
- 2%** of the respondents indicated through a friend
- 1%** of the respondents indicated through their Health Service/Neighborhood House

Response to Speaker, Venue and Supper and General Organization and Presentation of the Men's Health Night

The respondents gave a result of **4.64** out of 5 for the speaker on General Men's Health – **Bernard Denner**

The respondents gave a result of **4.13** out of 5 for the venue and supper

The respondents gave a result of **4.3** out of 5 for the general organization and presentation of the night

Comments:

Speaker – Bernard Denner

- ? Would have liked to have had copies of slides made available. I think partners might have been invited to meeting as most issues discussed very much concern them as well.
- ? Wish this sort of thing was done sooner.
- ? Direct and to the point – pulled no punches about the basic instincts of man – but got the message across.
- ? A bit too much swearing
- ? Great standard of presentation and topics – 10 out of 10
- ? Very informative and entertaining
- ? We need more of it (discussion)
- ? Entertaining. But enough of the SEX. Maybe too much emphasis on this.

Venue and Supper

- ? Well laid out
- ? Finger foods would probably be adequate – guess the bbq is a good carrot
- ? Food very poor choices for healthy food
- ? Dietary the supper left much to be desired
- ? Hard to hear some persons with microphone towards back and see screen. Hearing was not a loudness issue but acoustic made some words hard to discern.
- ? Healthier food
- ? I didn't attend the bbq
- ? Do again
- ? Maybe it could have been a little healthier – not so fatty
- ? Well done, thanks for putting it on
- ? Both supper and venue were fine. Plenty of food and well presented.
- ? If session is designed to discuss health issues, more choice in food (less fat and more salads and vegetarian) should be provided.

General organisation and presentation of the night

- ? Well done
- ? Very worthwhile
- ? Full marks
- ? Well done, thanks for putting it on
- ? Men's health has been neglected for many years. Good on the Council for providing this. Should be more of it. Well organised – maybe a break after each guest speaker.

Other comments

Other comments:

- ? I suggest HVC should enable and foster more local walking – an hour a day (or alternate days) is excellent AND almost everyone can do it. A few more tracks by/around please spots would help. One of the good things was the chance to catch up with locals when they are not busy with other things.
- ? Third Speaker: Men's Health ~~is~~ comes across as a Male Chauvinist. A bit like a "call to arms". Too much lecturing to the audience.
- ? Men's health proceeded by FATTY unhealthy food!