

REPORT

Executive Summary

Men's Health Night
'Fella's Night Out'
November 2006

On behalf of

***Moulamein Community Health
NSW***

**Organized by Moulamein Community Health in partnership with
community & CAMH**

Report prepared by:

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Executive Summary

'Fella's Night Out'

120 attendees

This reflects 50% of the local male population over the age of 18 years

98 Respondents

81% 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

1% of the respondents were in the 16-19 age groups.

12% of the respondents were in the 20-29 age groups.

14% of the respondents were in the 30-39 age groups.

29% of the respondents were in the 40-49 age groups.

23% of the respondents were in the 50-59 age groups

19% of the respondents were in the 60+ age group

Marital Status

9% of the respondents are single

80% of the respondents are married

1% of the respondents are separated

4% of the respondents are in defacto relationships

5% of the respondents are divorced or widowed

Occupation

59% of the respondents are farmers

14% of the respondents are self-employed

11% of the respondents are retired

8% of the respondents are professionals

6% of the respondents are in trades

5% of the respondents are in manual areas

Top 10 areas of health

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

General Practitioners / Health Practitioner Visits

78% of the respondents had attended a GP in the last 12 months

42% had attended for a Check-Up

26% had attended due to an Illness

19% had attended due to an Injury

9% had attended due to personal issues or for a general chat

Other: *Stomach condition, high blood pressure, pilots medical*

32% felt that their visit had been - Good

27% felt that their visit had been - Satisfactory

19% felt that their visit had been - Very Good

4% felt that their visit had been- Too Quick or Not Supportive

Comments:

Most GP's too busy to have time to chat about problems

20% indicated that they had attended a GP at least twice in the last 12 months

17% indicated that they had attended a GP at least once in the last 12 months

14% indicated that they had attended a GP at least three times in the last 12 months

10% indicated that they had attended a GP at least for times in the last 12 months

7% indicated that they had attended a GP between 6 – 12 times in the last 12 months

Comments:

Doc at Moulamein Top Man

Nose operation recommended > 30 years ago – did nothing? Deformed palate \approx should help sleep \approx tiredness should have dealt with problem years ago

As someone who rarely sees a GP it would be good to have a comprehensive “chat” (Drs too rushed)

License renewal

Should have gone years ago and listened to my wife

36% had attended other Health Practitioners in the last 12 months

16% felt that their visit had been - Very Good

11% felt that their visit had been - Good

4% felt that their visit had been - Satisfactory

3% felt that their visit had been - Too Quick or Not Supportive

16% indicated that they had seen a Community Health Nurse in the last 12 months

5% indicated that they had seen a Diabetes Educator in the last 12 months

4% indicated that they had seen a Podiatrist in the last 12 months

2% indicated that they had seen a Counselor in the last 12 months

Other: *Sport Physio: Sleep apnea: Respiratory – Fitness: Hip replacement: Bipolar:*

Participated in FM500 Health Survey: Scripts:

As a result of the Men's Health Night

31% will relax more
27% will work on relationships / family
24% will reduce weight / exercise
23% will attend sessions in Men's Health
18% will see a GP
17% will change unhealthy habits
15% will eat less fat / cook better
12% will talk to someone if depressed
10% will attend Health Screenings
5% will reduce alcohol intake
4% will reduce smoking

What makes you ... Depressed or feel ordinary?

41% of the respondents indicated DROUGHT
32% of the respondents indicated LACK OF INCOME
15% of the respondents indicated SELF
10% of the respondents indicated WORKPLACE OR LACK OF WORK
5% of the respondents indicated PARTNER
5% of the respondents indicated FAMILY
1% of the respondents indicated LACK OF ACCESS TO HELP

31% of the respondents indicated that they were happy

Comment: *Politics*

Response to Men's Health Night

90% of the respondents felt that the Men's Health Night had been valuable for them

75% of the respondents indicated they would like more sessions of Male Health Issues

Issues the respondents would like to address the most?

60% of the respondents indicated they would like to address RELATIONSHIPS / FAMILY / DROUGHT ISSUES
48% of the respondents indicated they would like to address GENERAL HEALTH / WELLBEING
38% of the respondents indicated they would like to address PROSTATE CANCER
34% of the respondents indicated they would like to address DEPRESSION / SUICIDE
29% of the respondents indicated they would like to address HEART DISEASE / DIABETES
17% of the respondents indicated they would like to address PARENTING
14% of the respondents indicated they would like to address ADDICTION ISSUES ... ALCOHOL / DRUGS

Or other topics that may interest you on men's health:

Drought income

Communication, hobbies

Happiness and wellbeing, ways to escape the pressure of farming when needed, how to tune up your body and life

Social interaction, self worth, general health

Skin cancer, high blood pressure, diabetes

All health issues

Sex

Travel, fitness

Good laugh

Self belief

Arthritis

Been able to stay in relationships (sic)

What would work best for men during difficult times, whether it is personal or dealing with the current drought -

61% of the respondents indicated that they **would not chat to someone on a telephone counselling service** during a difficult period

23% of the respondents indicated that they **would chat to someone on a telephone counselling service** during a difficult period

44% of the respondents indicated that they **would chat to their partner and/or family** during a difficult period

40% of the respondents indicated that they would chat to their **mates** during a difficult period

20% of the respondents indicated that they would chat to their **doctor** during a difficult period

6% of the respondents indicated that they would chat to a **community health nurse** during a difficult period

4% of the respondents indicated that they would chat to **no-one** during a difficult period

2% of the respondents indicated that they would chat to **mental health services** during a difficult period

63% of the respondents indicated that they **would not chat to a telephone drought counselling service** if the drought was causing distress

19% of the respondents indicated that they **would chat to a telephone drought counselling service** if the drought was causing distress

Reasons:

33% of the respondents indicated that they would rather **face to face counselling**

29% of the respondents would indicated that they would prefer to **chat to a legal, accounting, business services or agricultural fellow**

14% of the respondents indicated that they don't like **talking on the telephone**

14% of the respondents indicated that they don't feel **counselling is what they need**

8% of the respondents indicated that they would **source their own counsellor**

Other possible reasons:

Address irrigation problems (compensation for stolen water for other than irrigation)

Have been divorced, found counselling and men's group very helpful

Would rather talk to someone with an in depth understanding of underlying issues/problems

How did you hear about the night?

32% of the respondents indicated through Word of Mouth
27% of the respondents indicated through community news letter
24% of the respondents indicated through their local paper
21% of the respondents indicated through their Doctor / Nurse
20% of the respondents indicated through a their Partner / Wife
13% of the respondents indicated through their Health Service
9% of the respondents indicated through a mate in the pub
8% of the respondents indicated through the media
7% of the respondents indicated through a Poster
4% of the respondents indicated through their Organization
3% of the respondents indicated through their Workplace

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

Overall the response to the Speakers, venue and supper, and general organization and presentation of the night was between Excellent to Good, with speakers Bernard Denner and Sam Kekovich receiving the majority of Excellent marks.

Comments on the night:

A great night
We need laughter and rules that don't change
Excellent feed
There should be more of these evenings rural Australia needs them urgently
Venue and supper – very good
Good laugh, well done
Very lucky to have these quality experience speakers

Comments on the speakers:

Bernard Denner

Straight to the point and on the mark
Very good and to the point needs to say where to get the points to fast on screen
Too much to remember
Was excellent
Good mix of "need to know" and humor
Need a piss stop ½ way thru
Spoke in a male language
Good research, preparation and presentation

Sam Kekovich

More laughter is essential
He was great
Brilliant comedian/orator
Brilliant
Was very entertaining

Father David Bond

Life experiences – live to fight another day
Very informative and sensitive
Excellent
Good speaker with lots of emotion experience

Dr Moynihan

Quite interesting
Very helpful
Was good