



Abstract Executive Summary

Based on Responses from

CAMH

Men's Health Nights

conducted between 2000 – 2007

**Approximately 6,500 men have
attended these nights**

Response rate to Questionnaires...68%

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CAMH Men's Health Nights have been conducted in

Victoria

New South Wales

Queensland

Northern Territory

South Australia

West Australia

Tasmania

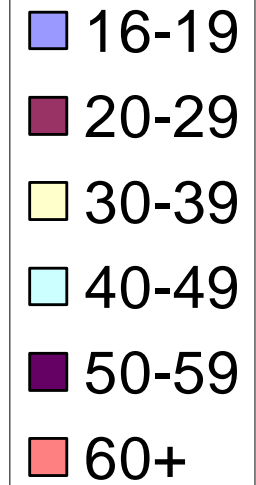
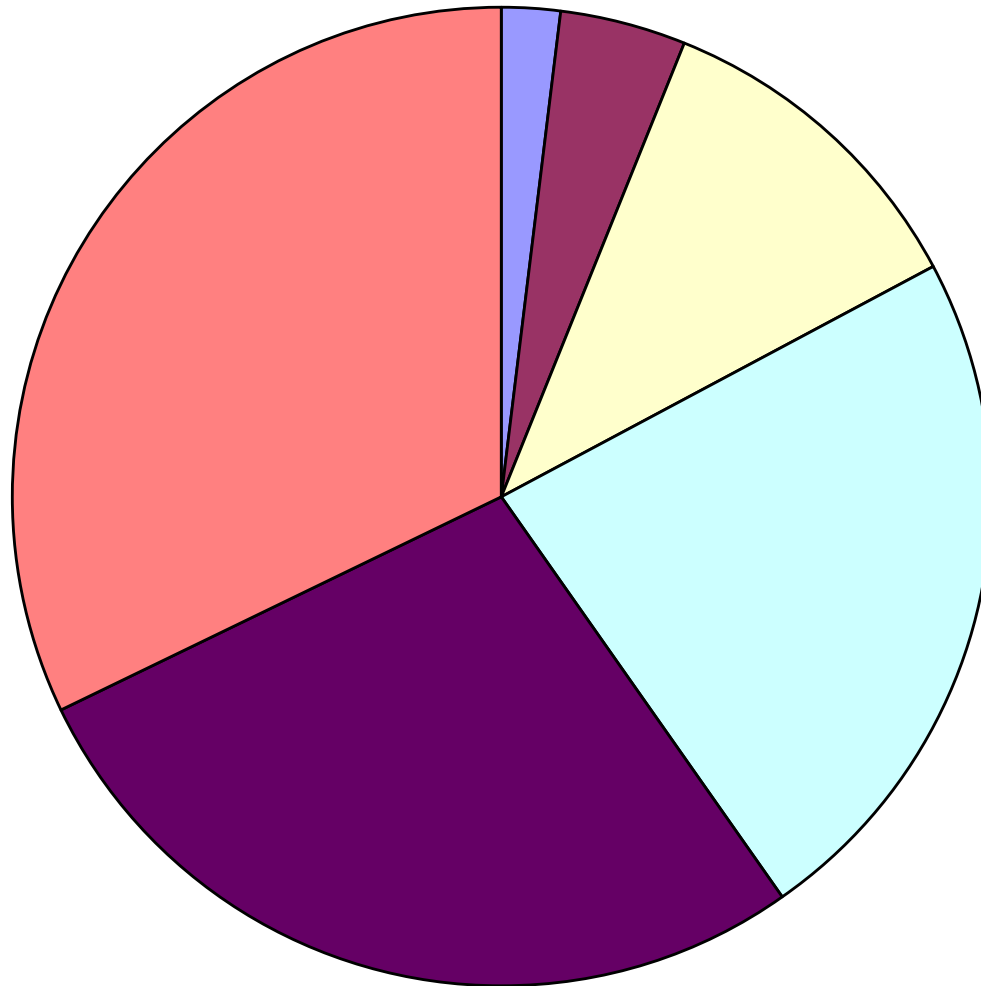
Canada

**Across Australia in 2006 a men's health night was conducted
on an average every fortnight by Service Clubs in
partnership with Lead agencies and Local Government**



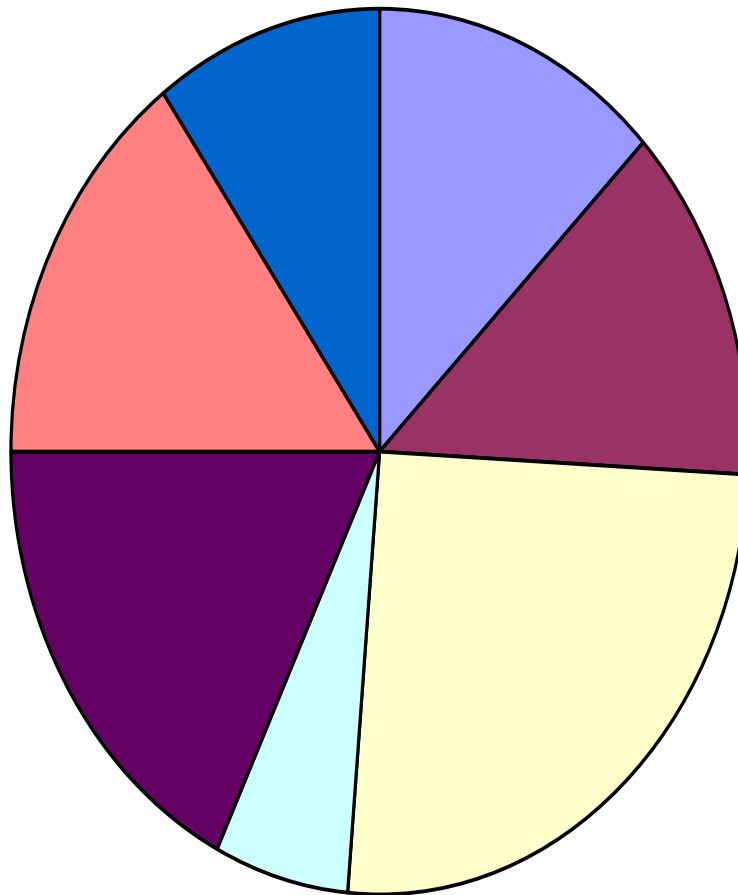


Age Range...82% are 40 to 60yrs +





Occupation

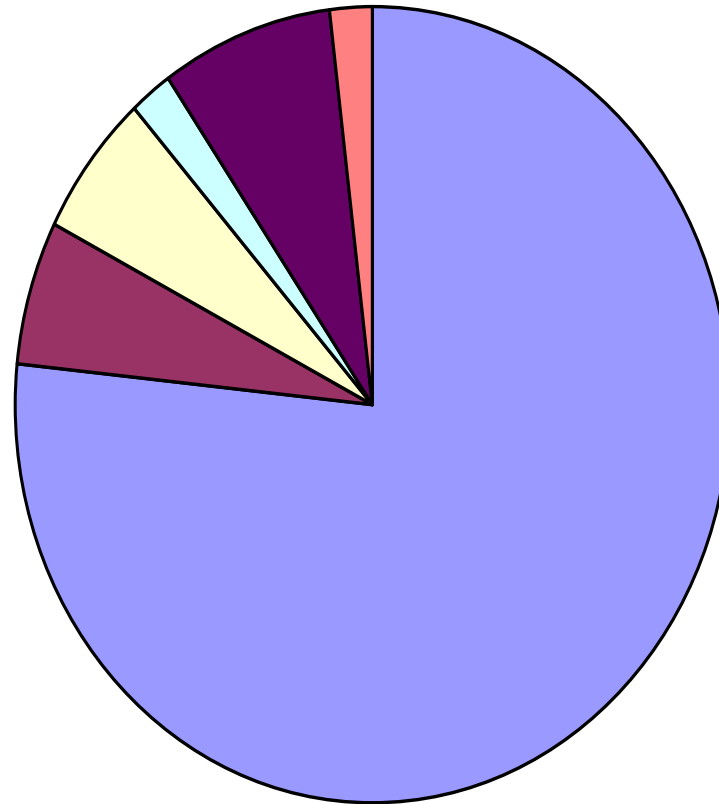


- Professional
- Self-Employed
- Trade
- Manual
- Retired
- Farmer
- Mining





Marital Status...79% Married

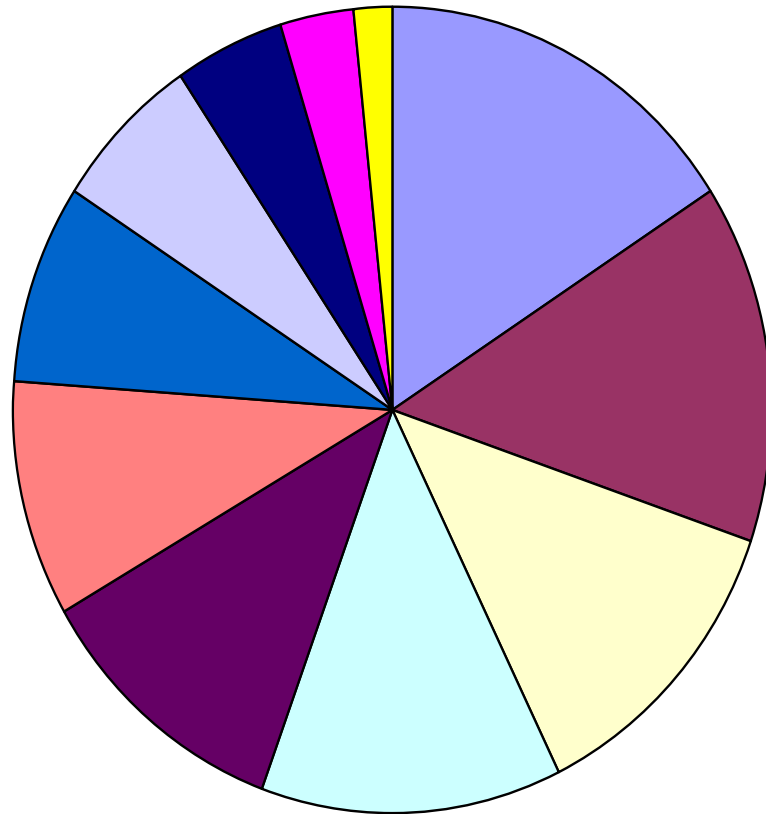


- Married
- single
- DeFacto / Partner
- Separated
- Widowed
- Divorced





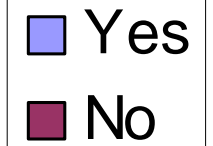
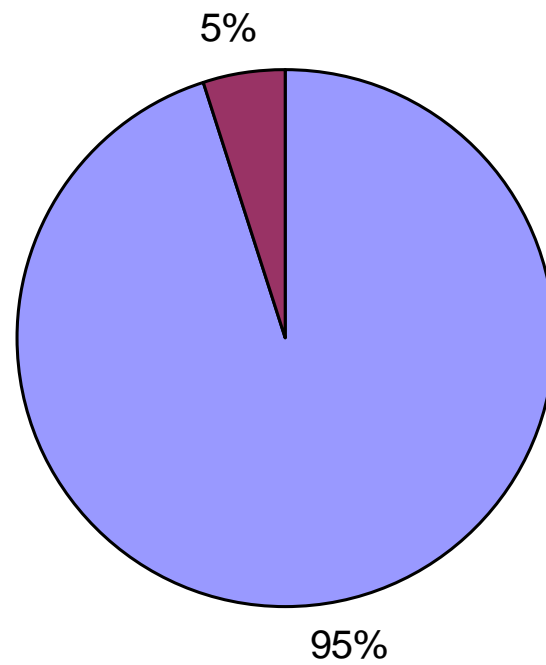
Top 10 Men's Health Issues



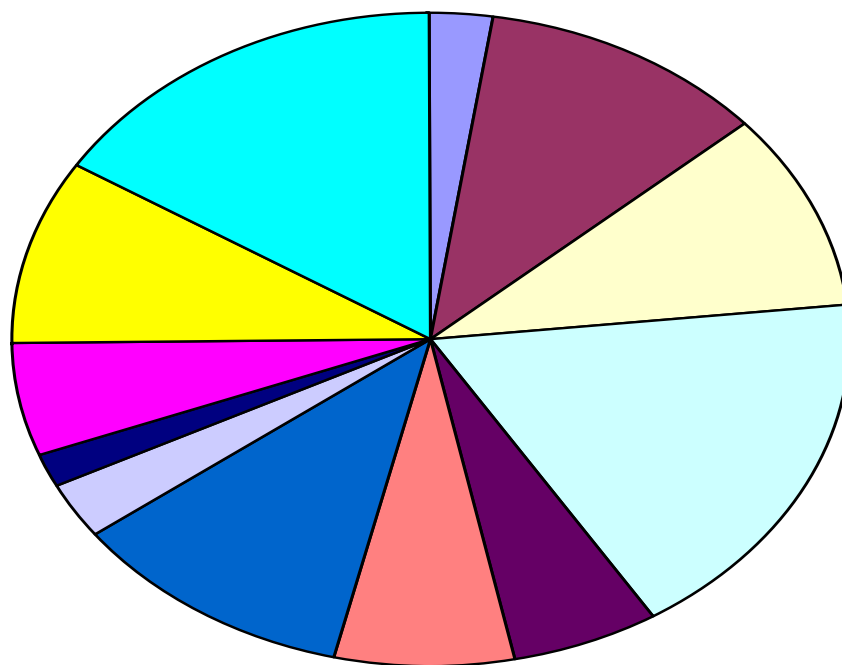
- Heart Disease
- Cancer
- Blood Pressure
- Prostate Cancer
- Cholesterol
- Diabetes
- Anxiety Stress
- Depression
- Men's Health issues
- Urinary Bladder Problems
- Relationships



Men's Health Night Valuable?



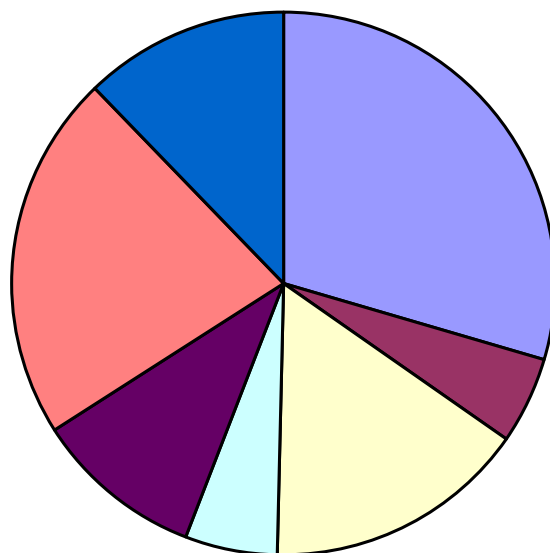
After the Night will...top responses



- reduce alcohol intake
- relax more
- see a GP
- Lose weight/exercise more
- eat less fat
- change unhealthy habits
- attend a men's health session
- attend the local health service
- reduce smoking
- attend a health screening
- work on relationships/family
- talk to someone if depressed



Issues to be addressed...top issues for follow-up

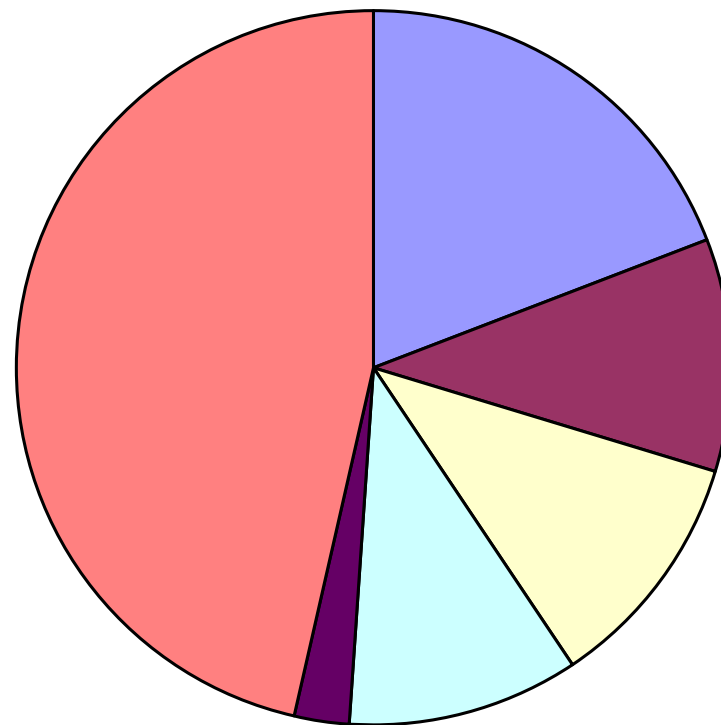


- General Health and Wellbeing
- workplace stress/issues
- parenting/relationships/family
- mental health
- retirement
- cancer /heart disease
- stress/depression





What makes you feel depressed/ordinary



- Income - Lack of / Uncertainty
- Workplace
- Partner
- Self
- Family
- Sex

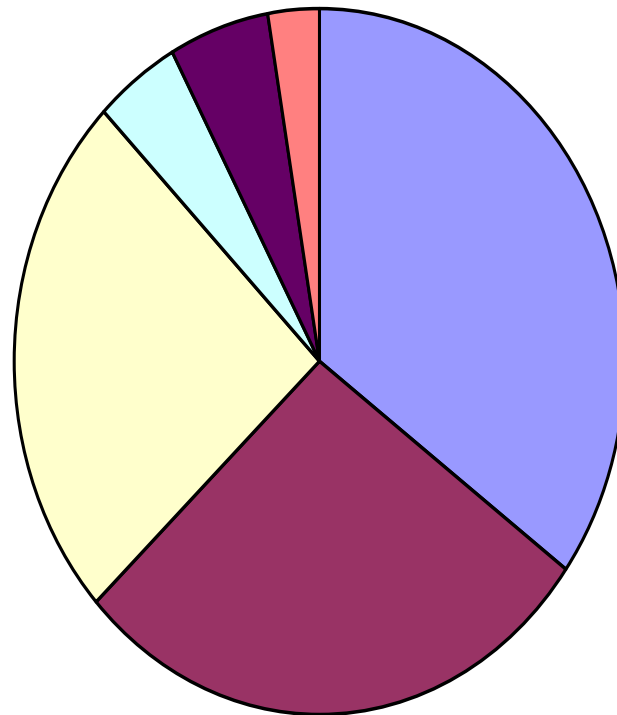




TELEPHONE COUNSELLING SERVICE

61% would not use this service for Personal Issues

Would chat to:



- Partner and or Family
- Mates
- Their Doctor
- A Community Health Nurse
- No one
- Mental Health Services





TELEPHONE COUNSELLING SERVICE

62% would not use this service for Drought Issues

