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Men's Health Projects & Sessions

Rural Men's Health Project (RMHP) sites

Wiluna, Central Western Australia
Ngukurr, Bulman, Wugular, Northern Territory
Port Lincoln, South Australia
Texas, Queensland
Miles, Queensland
Mitchell, Queensland

Additional Nights conducted as a result of RMHP

Birchip, Victoria
Harrow, Victoria
St Helens, Tasmania
Tennant Creek, Northern Territory
Barkly Tableland, Northern Territory

Report includes summaries

Men's Health Nights
Women's Nights
Comparison Indigenous sessions conducted in 1999 & 2007
Results of LDX Early Intervention Screening sessions

Developed by
Centre for Advancement of Men's Health (CAMH)

RMHP funded by
Department Health & Ageing (Rural Branch)
Canberra

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EXECUTIVE SUMMARY

Rural Men's Health Project

Men's Health Nights

**Wiluna, Central Western Australia
Ngukurr, Bulman, Wugular, Northern Territory
Port Lincoln, South Australia
Texas, Queensland
Miles, Queensland
Mitchell, Queensland**

Response Rate to Survey 69.4%

Men's Health Nights

Executive Summary

**709 men in total attended with 529 accessing the survey
517 responded ...69.4% return rate**

- *Not all attendance numbers were recorded*
- *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*
- *Not all questions were on all surveys*

General Statistics

45% Non Indigenous
44.4% Indigenous

Age Group

3.3% 16-19
13.9% 20-29
16.3% 30-39
19.1% 40-49
24.8% 50-59
20.1% 60+

Marital Status

64.4% Married
30.2% De Facto/Living Together
10.8% Single
4.3% Widower
3.7% Partner
3.6% Separated
3.4% Divorced

Occupation

19% Professional
17.6% Retired
19.3% Self Employed
12% Trade
26.2% Farmer
8.5% Manual
2.5% Unemployed

Top 10 Men's Health Issues

1. Heart Disease
2. Blood Pressure
3. Diabetes
4. Cancer
5. Prostate Cancer
6. Cholesterol
7. Anxiety/Stress
8. Depression
9. Urinary/Bladder problems / Bad Moods/Anger
10. Relationships / Mental Health

NB: In the indigenous only summaries Drinking Alcohol appeared as the No 1 issue for 2 areas and No 4 in another area. Smoking was their No 2 health issue, with drug use appearing in the Top 10

Doctor's Visits

81.3% Visited Doctor – last 12 months

52.5% 1-5 visits

13.1% 6+ visits

56.4% Check Up

24.1% Injury

20.9% Illness

7.5% General Chat

7.4% Personal Issues

Visit

34.6% Very good

23.9% Good

24.7% OK/Satisfactory

5.1% Didn't understand doctor

4.1% Too Quick

3.8% Didn't understand you

2.3% Not supportive

Other Health Worker's Visits

48.2%	visited other Health Workers – last 12 months
27.4%	Community Health Nurse
5%	Podiatrist
3.7%	Dietician
2.9%	Counsellor
2.4%	Diabetes Educator

NB: In the indigenous summaries visits to the Community Health Nurse is higher than non-indigenous

Visits

31.8%	1-5
12.2%	6+
22.5%	OK/Satisfactory
19.7%	Very good
10.7%	Good
4%	Not supportive
4%	Too quick

After tonight ...'Will You'

34.2%	see a Doctor
33%	attend future sessions – Men's Health
28.4%	reduce weight / exercise
27.5%	relax more
24%	come to Health Screening
23.1%	work on Relationships/Family
21.8%	eat less fat / cook better
21.5%	visit Health Service
20%	change unhealthy habits
16.7%	talk to someone if depressed
11.9%	reduce smoking
11.5%	reduce alcohol / drinking

Reaction to Night

86.2%	thought Men's Health Night was valuable / good for them
80.6%	thought food a good idea
76%	want more sessions on men's health
72%	will attend men's health check
52.2%	prizes helped/encouraged you to come (indigenous survey only)
47%	liked entertainment (indigenous survey only)
43.2%	partner encouraged them to come

Future Sessions

49.1%	General Health / Wellbeing
44.1%	Relationships / Family Issues / Drought
41.3%	Heart Disease / Diabetes
34%	Prostate Cancer
21.2%	Depression / Suicide
19.8%	Addiction Issues Alcohol / Drugs
16%	Parenting

NB: Addiction issues and Parenting rated higher in the indigenous summaries

What makes them DEPRESSED OR FEEL ORDINARY

Relationships with

24.1%	drought
17.3%	workplace or lack of work / lack of income
14.7%	family
11.9%	self
10.9%	partner
9.5%	children
9.1%	community
5.9%	ex-partner
4.9%	kids future
3.3%	access to HELP
42.5%	happy with relationships

Sex / Life / Health

29.3%	my health
16.6%	drinking
12.3%	lack of sex
11.7%	love
9.8%	my future
8.1%	issues with partner
6.5%	lack of opportunity
40.5%	happy with sex / life / health

Telephone Counselling

Personal Life

- 57.7%** WOULD NOT chat to a telephone counselling service
- 29.4%** WOULD chat to a telephone counselling service

Prefer to chat to:

- 34.1%** Doctor
- 46.2%** Partner/Family
- 24.5%** Mates
- 12.1%** No One
- 5.6%** Mental Health Services
- 4.3%** Community Health Nurse

Drought

- 59.2%** WOULD NOT chat to a telephone counselling service
- 18.2%** WOULD chat to a telephone counselling service

If not -

- 19.6%** Prefer face to face counselling
- 13.7%** Don't like telephone
- 12.4%** Feel counselling not needed
- 9.6%** Prefer to chat with legal, accountant, business or agricultural services
- 9.3%** Would source own counsellor

Heard about the night

- 28.2%** Poster
- 26%** Media / Advertisement
- 21.8%** Word of Mouth
- 21.7%** Local paper
- 18.1%** Organisation / Workplace
- 13.9%** Partner/Wife
- 5.3%** Health Service
- 2.1%** At a pub from mate
- 2.9%** Doctor/Nurse

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EXECUTIVE SUMMARY

Combined Rural Men's Health Project & General Men's Health Nights

Overview of Men's Response to Men's Health

**Wiluna, Central Western Australia
Ngukurr, Bulman, Wugular, Northern Territory
Port Lincoln, South Australia
Texas, Queensland
Miles, Queensland
Mitchell, Queensland**

**Birchip, Victoria
Harrow, Victoria
St Helens, Tasmania
Tennant Creek, Northern Territory
Barkly Tableland, Northern Territory**

Response Rate to Survey 72.7%

Combined Men's Health Nights

Executive Summary

1034 attended / 812 respondents ...72.7% return rate

- *Not all attendance numbers were recorded*
- *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*
- *Not all questions were on all surveys*

General Statistics

62.5% Non Indigenous
31.2% Indigenous

Age Group

2.1% 16-19
10.8% 20-29
13.9% 30-39
22.6% 40-49
24.8% 50-59
25% 60+

Marital Status

66.7% Married
21% De Facto/Living Together
17.8% Single
3.6% Widower
3.7% Partner
4.9% Separated
6.1% Divorced

Occupation

17.6% Professional
16.9% Retired
19.9% Self Employed
10.8% Trade
36.6% Farmer
9.5% Manual
3.3% Unemployed

Top 10 Men's Health Issues

11. Heart Disease
12. Cancer
13. Blood Pressure
14. Prostate Cancer
15. Diabetes
16. Cholesterol
17. Depression / Anxiety/Stress
18. Urinary/Bladder
19. Bad Moods/Anger
20. Mental Health / Relationships / Alcohol Use

NB: In the indigenous only summaries Drinking Alcohol appeared as the No 1 issue for 2 areas and No 4 in another area. Smoking was their No 2 health issue, with drug use appearing in the Top 10

Doctor's Visits

84%	Visited Doctor – last 12 months
58.6%	1-5 visits
18.4%	6+ visits
59.8%	Check Up
23%	Injury
20.6%	Illness
15.1%	General Chat / Personal Issues

Visit

31.6%	Very good
24.8%	Good
28.7%	OK/Satisfactory
5.1%	Didn't understand doctor
4.1%	Too Quick
2.6%	Didn't understand you
1.9%	Not supportive

Other Health Worker's Visits

43.5%	visited other Health Workers – last 12 months
23.6%	Community Health Nurse
6.1%	Podiatrist
3.7%	Dietician
3.7%	Counsellor
4%	Diabetes Educator

NB: In the indigenous summaries visits to the Community Health Nurse is higher than non-indigenous

Visits

42.6%	1-5
9.3%	6+
15%	OK/Satisfactory
17.1%	Very good
12.7%	Good
3.7%	Not supportive
4%	Too quick
0.75%	Didn't understand you

After tonight ... 'will you'

35.8%	see a Doctor
35.4%	attend future sessions – Men's Health
31%	reduce weight / exercise
30.3%	relax more
19.9%	come to Health Screening
21.3%	work on Relationships/Family
23%	eat less fat / cook better
15%	visit Health Service
19.6%	change unhealthy habits
17%	talk to someone if depressed
12.8%	reduce smoking
14.6%	reduce alcohol / drinking

Reaction to Night

88.9%	thought Men's Health Night was valuable / good for them
81.1%	thought food a good idea
75.7%	want more sessions on men's health
52.6%	will attend men's health check
52.2%	prizes helped/encouraged you to come (indigenous survey only)
47%	liked entertainment (indigenous survey only)
43.2%	partner encouraged them to come

Future Sessions

52.8%	General Health / Wellbeing
37.9%	Relationships / Family Issues / Drought
45.6%	Heart Disease / Diabetes
43%	Prostate Cancer
23.8%	Depression / Suicide
17.2%	Addiction Issues Alcohol / Drugs
12%	Parenting

NB: Addiction issues and Parenting rated higher in the indigenous summaries

What makes them DEPRESSED OR FEEL ORDINARY

Relationships with

24.1%	drought
18.3%	workplace or lack of work / lack of income
12.1%	family
11.2%	self
11.1%	partner
7.8%	children
8.9%	community
7.7%	ex-partner
4.5%	kids future
2.5%	access to HELP
36.9%	happy with relationships

Work

27.6%	uncertain income
26.5%	stress/tension
22.8%	uncertain future
22.4%	drought
19.3%	long hours
7.6%	isolation
7%	uncertain employment
6.1%	lack of qualifications
5.6%	retirement
2.8%	unemployment
28%	happy with work

Sex / Life / Health

18.7%	my health
16.6%	drinking
17.5%	lack of sex
16.6%	love
8%	issues with partner
7.9%	my future
7.8%	lack of opportunity
36.7%	happy with sex / life / health

Telephone Counselling

Personal Life

41.5%	WOULD NOT chat to a telephone counselling service
32.5%	WOULD chat to a telephone counselling service

Prefer to chat to:

34.3%	Doctor
39.8%	Partner/Family
26.1%	Mates
7.5%	No One
6.4%	Counsellor / Mental Health Services
3.9%	Community Health Nurse

Drought

60.8%	WOULD NOT chat to a telephone counselling service
21.7%	WOULD chat to a telephone counselling service

If not -

25.6%	Prefer face to face counselling
14.3%	Don't like telephone
11.8%	Feel counselling not needed
12.8%	Prefer to chat with legal, accountant, business or agricultural services
9.6%	Would source own counsellor

Heard about the night

24.1%	Media / Advertisement
24.5%	Word of Mouth
22.3%	Local paper
17.2%	Poster
15.5%	Flyer
14.8%	Partner/Wife
12.2%	Organisation / Club / Workplace
4.3%	Health Service
2.7%	At a pub from mate
2.4%	Doctor/Nurse

SPEAKERS

As part of a Men's Health Night there are a range of speakers that can include a local GP, a member of the local community, a special guest speaker and Bernard Denner. For the purposes of this report only Bernard Denner's results will be listed here. The other speakers who have joined Bernard for the Men's Health Nights usually receive between 3.5 to 4.5 out of 5 for their talks.

Bernard Denner

Bernard's average for the Men's Health Nights is **4.4** out of 5

Assumption that all men have / live with their partners

Good to listen too 'easy'

Great stuff, very well delivered

Straight to the point

Excellent - He is after all a professional presenter

Straight to the point very direct, cuts to the chase

Very enjoyable.

Worthwhile.

Brilliant speaker and gets the message over

Need to organize a women's health night to follow locally

Very informative and funny.

Puts the point across.

Light hearted, but serious

Really easy to understand

Bit too much, too quick

10 out of 10 he was very good and understandable to learn

Talking out loud

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

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Loud and clear, holds people's attention
Very easy to listen to and funny
He was great
Very interesting
Made a lot of sense and I have enjoyed it
Too much swearing – no need for it
Did not realise I was the only one out there. Thanks Bernard will definitely see you tomorrow and attempt to change my ways
Don't think he understands our Region/Town issues
Very good, down to earth "truth"
Good presentation, precise
He explained things very well and was easy to understand
Bernard Denner is very funny and informative on family matters
We need more general Men's Health in the future. Regularly
Need to ask more questions to the group (well spoken)
Extremely poignant and funny anecdotes
Occasionally patronising
Very good
More events like this please
Good speaker
Good to see general info ie relationships, family, self and general care and responsibility put to the audience
Too fast
First class presentation
Did not control crowd
Spoke clearly and with passion
Spot on simple well presented
Calm and positive attitude
But too long
Honest
Very informative, well delivered
Good humour, direct, maintained attention
Animated, kept attention
Made it clear we need to be responsible for our health
Bernard's messages about parenting and relationships especially and looking after ourselves was powerful.
Messages about stress also valuable.
His obituary of general men's health was outstanding. He put it over with plenty of ?????, he covered everything to perfection, a great speaker.
Covered many areas, needed more detail, could run a whole evening.
Uses common mans language; Down to earth; motivate to get a check up
Positive message
Informative and well presented
Excellent speaker, clear and could be heard
Went on too long, some good, some unnecessary
PA system distorted speaker's voice so I could only understand about 10% of the talk
Very articulate
Expressive / Simple messages
Don't like being called a liar, no need for constant swearing, far too many OHP's – maximum 8-10 per 30 mins – ruined an otherwise good presentation
Make the smaller print much larger, leave the Presentations pages on the screen a little longer to digest more
Outstanding
Quick, humorous, a little jumpy but very good
Boring, disappointed, too much on sex, is he a sex maniac?

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COMPARISON

Indigenous Men's Health Nights

**Northern Territory
& Western Australia**

June 1999 - August 2007

149 Respondents

Developed by

Centre for Advancement of Men's Health (CAMH)

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Indigenous Men's Health Nights Northern Territory and Western Australia

Comparison

June 1999 - August 2007

149 Respondents

- *Not all respondents chose to answer all questions*
- *Some respondents may have chose to tick more than one answer*
- *Some questions have multiple choice answers*
- *Not all questions were on all surveys*

General Statistics

Age Group	1999	2007
16-19		7.8%
20-29	20%	28.7%
30-39	22%	22.8%
40-49	41%	17.2%
50-59	10%	20.9%
60+		4%

Martial Status	1999	2007
Married	41%	47%
Single	25%	19.3%
Living Together/Partner	6%	18.9%
Widower	4%	5.7%
Divorced		2.1%

Top 5 Health Issues

1999

Cancer / Heart Disease
Blood Pressure
Exercise/Fitness / Alcohol Use
Cholesterol / Stress Management
Smoking / STDs / Retirement

2007

Drinking Alcohol
Smoking
Heart Disease
Blood Pressure / Diabetes
Drug Use

NB: Not enough statistical information to do a top 10 for the 1999 results

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Doctor's visits	1999	2007
Visited Dr	97.2%	74.4%
1-5 visits	26%	41.1%
6+	12%	10.8%

Visit was

Good	35%	15.6%
Very good	18%	33.7%
Satisfactory/OK	27%	29.4%

Other Health Worker Visits

Visited other health workers	91.6%	67.5%
1-5 visits	26%	32.5%
6+	12%	14.5%

Health Professionals / Services are most important for men's health – 1999 only

Doctors	64%
Hospital	16%
Physiotherapist, Chiropractor, Osteopath	10%
Community Health Nurse	10%
Medical Specialist	8%
Counsellor	6%
Psychologist	4%

After tonight ... 'Will You'

	1999	2007
visit Health Service	26%	38.2%
come to Health Screening		31.9%
see a Doctor	26%	33.7%
attend future sessions – Men's Health		26.3%
eat less fat / cook better		25.7%
relax more		23.5%
work on Relationships/Family		21.8%
change unhealthy habits		20%
talk to someone if depressed		18.5%
reduce smoking		18.5%
reduce alcohol / drinking		17.2%
reduce weight / exercise		17.7%

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Reaction to Night	1999	2007
thought night had been GOOD for them		80.6%
thought food a good idea		78%
would attend the Male Health Check		72.5%
prizes helped encourage them to come		47.8%
partner encouraged them to come		38.1%
would attend monthly info sessions	58%	
feel men's health is important	79%	
feel an after hours service to see a Dr would be good	53%	

What makes them DEPRESSED OR FEEL ORDINARY – 2007 only

Relationships with

14.5%	family
11.6%	partner
11.4%	community
10.3%	lack of work
9.9%	children
6.7%	ex partner
4.9%	kids future
33.1%	happy with relationships

Sex/Life/Health

29.3%	my health
16.6%	drinking
14.8%	my future
10.3%	lack of sex
6.7%	issues of sex with partner
39.6%	happy with sex/intimacy

Future Sessions	1999	2007
Relationships/Family Issues	29%	62.5%
Addiction Issues Alcohol / Drugs		33.7%
General Health / Wellbeing	33%	32%
Depression / Suicide		23.3%
Heart Disease / Diabetes		28.8%
Parenting	22%	22.5%
Prostate Cancer		15.1%
Being a Bloke in the 90's	8%	
Men's Discussion Groups	24%	
What does it mean to be a man	16%	
Succession Planning	8%	

Heard about the night – 2007 only

36.5%	Men's Health worker
39.1%	Poster
21.7%	Word of Mouth
10%	Partner/Wife
4%	Media
4%	Workplace
4%	Doctor/Nurse
4%	Health Service
4%	In the pub from mates
4%	Organisation

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EXECUTIVE SUMMARY

Combined Women's Health Nights

**In response to Men's Health Night
2007**

**Harrow, Victoria
Mitchell, Queensland**

Response Rate to Survey 63.8%

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

**For
Harrow Bush Nursing Centre
Mitchell Health Service**

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Executive Summary

Combined Women's Health Nights In response to Men's Health Night

189 attendees, 148 respondents ...63.8% 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*
- *Not all questions were the same in each survey*

General Statistics

Age Group

3.8%	20-29
16.9%	30-39
28.9%	40-49
15.8%	50-59
13%	60+

Partner's Age Group

3.8%	20-29
13.1%	30-39
25.3%	40-49
20.6%	50-59
13.1%	60+

Marital / Employment Status

67.9%	Married
4%	Partner / De Facto
1.2%	Divorced

17.3%	Employed
16%	Mother / Home Duties
7.6%	Self Employed

Other: Widow/Pensioner

Top 10 Women's Health Issues

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

Top 10 Men's Health Issues (Harrow only)

1. Heart Disease
2. Cancer
3. Cholesterol
4. Prostate Cancer
5. Blood Pressure
6. Relationships
7. Depression
8. Anxiety / Stress
9. Diabetes
10. Bad Moods/Anger

Top 10 HIS & HERS Health Issues (Mitchell only)

1. Heart Disease / Breast and Cervical Cancer (equal)
2. Anxiety / Stress
3. Blood Pressure
4. Cholesterol
5. Workplace Stress
6. Relationships
7. Diabetes
8. Prostate Cancer
9. Relationships / Depression / Mental Health Issues (equal)
10. Respiratory Problems

As a result of the recent Men's Health Night

Do you feel your partner will

- 43% see a Doctor
- 31% come to Health Screening
- 30% work on Relationships/Family
- 27.1% exercise more
- 21.4% relax more
- 21.2% visit Health Service
- 19.7% change unhealthy habits
- 19.5% more attentive / romantic
- 17.2% eat less fat / cook better
- 17% quality time with you
- 13% reduce alcohol / drinking
- 12.1% spend more time with children
- 9.1% talk to someone if depressed
- 8.8% reduce smoking
- 8.5% have a romantic weekend

Comments:

Should do all above but will not, maybe see a GP
Will have every possible idea but won't follow it through
He is very conscious of going to Dr regularly – he watches what he eats, his weight, sugar as he is diabetic so he was very keen to come – he really liked men talking health together.
Really he is spot on with all of the above
Very impressed with the fact that men can reduce prostate cancer by more sex!!
Haven't really had time to talk – yet
Hasn't been long enough to see
I wish all the above as he got home at 12.30pm very drunk and said it was "good fun".
When I asked what it was about he replied couldn't remember and said it was "secret men's business"

Did you encourage him/them to attend the recent Men's Health Night (**Harrow only**)

- 81.7% Yes
- 2.4% No

Did he? (**Harrow only**)

- 65.7% enjoyed the men's health night
- 60.6% talked about the Men's Health Night
- 34.1% talked about lessons learnt
- 45.6% learnt ONE lesson
- 23.7% ask "How are we?"
- 19.1% seem more relaxed

Comments:

He knows everything with us is great as he's watching his health, he just loved the fun night
None of the above he was drunk
Yes! (Ask "how are we")
With prompting (Talk about the Men's Health Night)

Will he **(Mitchell only)**

- 45.6%** see a Doctor
- 43.4%** Attend Health Check Screening
- 39.1%** increase exercise
- 28.2%** work on Relationship
- 23.9%** have more quality time together
- 23.9%** relax more
- 17.3%** reduce weight
- 17.3%** change unhealthy habits
- 17.3%** spend time with his kids
- 15.2%** reduce smoking
- 13%** have a romantic weekend

Comments:

Want more sex.

None of these. I set him along because of his heavy drinking.

He and I really have a wonderful life and believes in fun and getting out with mates and as a couple and very positive about his health – has been for ages

My partner thoroughly enjoyed the night – the humour, the poetry, the relaxed atmosphere

Non-smoker, healthy weight – could increase his exercise and see a GP more regularly

What happened at home **(Harrow only)**

Raised husbands awareness of men's health issues; promoted lots of discussion

Discussed with friend

He asked me "how are we", I told him

We talked about the night, as a result he was more willing to go for a check up

Discussion → awareness

Talked a lot, have great communication

Spoke about more personal issues

Nothing

Lots of talking

My husband was very interested in the night and said he got a lot out of it

Became more attentive, didn't last long

Quoted things about the men's health night – suggested that he should go to doctor but done nothing as yet

Had a good chat, he was more relaxed – happy (for a week or 2)

Discussions of health issues, bringing awareness to state of relationship, looking forward to special times away

Enjoyed the evening and attended a doctor as a result

More understanding, listens more

Very good evening

Good discussion

Not a lot of change

We discussed various things that were covered at the night, particularly in relation to prostate screening. This is a good question – makes me realise how self centred I am because I haven't even noticed. I think women could be more focused on "how is he" (we are always asking ourselves "how am I" or "how are we"

"How are we" – talking about 'feelings'

Talk more about all issues

Told he needed more SEX

More concerned for family, make work a No 2 to family

Helping more at home, trying to be helpful
 Discussed depression / work related stress – later resigned from job!!
 He talked till 2 in the morning
 More personal interaction (conversation)
 Discussed some health issues
 Very impressed and talk a lot about most things that hadn't been raised in a long time
 He found it a great night
 Use it or lose it
 My husband is a fairly relaxed person anyway and spends lots of quality time with his family.
 I think it will make him want to keep more of an eye on his health though.
 Discussed health risks and what he hoped to do to try to prevent them
 Talked at length on many topics
 Didn't go, no change
 Talked to other blokes about it
 Good conversations regarding the night
 Talked about some of the issues discussed
 Big discussion re us, pressure for more sex

Will you encourage him to?

- 53.2%** see a Doctor
- 43.2%** relax more
- 41.7%** increase exercise
- 41.5%** have quality time with you
- 39.1%** reduce weight
- 34.5%** attend Health Screening
- 33.2%** have a romantic weekend
- 31.9%** work on Relationship
- 29.9%** change unhealthy habits
- 28%** spend time with children
- 26.8%** visit a health service
- 24.3%** talk to someone if depressed
- 18.7%** reduce smoking
- 12.1%** reduce alcohol
- 7%** eat less fat / cook better

Comments:

Or maybe a night (have a romantic weekend)
 He and I both agree to attend these health nights is a must as there is a lot of work in preparing these things and we should attend and pick up any new tips
 Already does a lot of the above
 I'm very surprised all these things were mentioned. Could we assume that alcohol was served last night!
 Romantic weekend preferably with me

Would you encourage partner to attend local health check (Harrow only)

- 93.9%** Yes
- 1.2%** No

Would you attend same health check (Harrow only)

89% Yes
3.6% No

Value of Men's Health Night

82.7% valuable to you

Comments:

Awareness

Definitely

Can't be a bad thing to attend

It really backed up a lot of what he already knew but it's great to bring men together – he did comment about some who should have been there but weren't

See so many other men interested in their health is important

I do, it has been a great help

He now realises that we don't need sex every night to keep our relationship good

81.2% valuable to him

Comments:

He was very positive about everything learnt

We have been alighting about different comedy sections he enjoyed

Maybe he won't keep saying "I should go..." but will go

He had a nice time, that's good.

Might get more sex

They just want more sex

He seems to be more fun loving to be around "playful"

Gives my partner an idea of what I have been trying to tell him

It made the men in my family to be more aware what they should do, also to eat healthy food – my son

Great conversations especially about topics not discussed previously

I wish I could say yes

Haven't had time for a proper talk

Because tends to "hear" other people more than me

Future Sessions (Harrow only)

75.6% Mixed
41.4% Women's
24.3% Men's

Sessions you would attend (Harrow only)

53.6%	Health / Wellbeing
53.6%	General stress / Family Balance
36.5%	Relationship / Parenting
35.3%	Couple issues
25.1%	Lifestyle Issues / Chronic Disease
23.4%	Breast / Cervical Cancer
23.1%	Weight Loss
21.9%	Depression / Mental Health
14.6%	Cancers
13.9%	Continence
6.7%	Drug / Alcohol Dependence

Future Sessions (Mitchell only)

Would you be interested in a series of Women's and Men's Health Sessions

50.4%	Yes
2.6%	No

You would like to address

31.3%	weight loss
26%	general health
24.3%	health / wellbeing
13.9%	family issues
13%	mental health
8.6%	programs for men / women
8.6%	workplace stress

What makes YOU DEPRESSED OR FEEL ORDINARY

Relationships with

24.7%	partner
17.3%	children
17.9%	family
15.7%	self
10.1%	work/workmates
7.3%	community
6.9%	friends
2.6%	ex partner

33,2% happy with relationships

Comment:

Happy with relationships – although my dog makes me mad sometimes (hah hah!)

Sex

- 30.4%** relationship issues
 - 16.7%** love / intimacy / passion
 - 9.3%** lack of good sex
 - 8.1%** lack of sex
 - 7.5%** lack of opportunity
 - 4.8%** inability to perform
 - 3.2%** knowledge of sex
-
- 33.2%** happy with sex/intimacy

Work

- 19.5%** uncertain future
 - 12.2%** uncertain income
 - 16%** drought impact
 - 16%** stress/tension
 - 11.3%** long hours
 - 8.6%** uncertainty of employment
 - 8.5%** retirement
 - 6.4%** isolation
 - 6%** lack of opportunity
 - 3.9%** lack of qualifications
 - 2.6%** unemployment
 - 2.4%** uncertain income
-
- 26.4%** happy with work/income

Comment:

Opportunities for meaningful employment in Harrow

His Work

- 23.6%** long hours
 - 19.5%** uncertain income
 - 19.6%** uncertain future
 - 12.1%** father skills
 - 11.3%** lack of farm income
 - 10.9%** intimacy with partner / family
 - 10.4%** uncertainty of employment
 - 9.7%** retirement
 - 8.5%** local issues
 - 7.3%** BAD attitude
 - 6%** uncertainty of employment
 - 5.2%** management
 - 3.4%** lack of opportunity
 - 3.4%** isolation
 - 0.86%** unemployment
-
- 21.6%** happy with work/income

Telephone Counselling

Would the MEN in your family use a telephone counselling service to assist them during difficult times?

50.9% WOULD NOT chat to a telephone counselling service

12.5% WOULD chat to a telephone counselling service

Would YOU use a telephone counselling service to assist you during difficult times?

39.9% WOULD NOT chat to a telephone counselling service

34.1% WOULD chat to a telephone counselling service

Prefer to chat to:

29.3% Friends / Others

26.1% Partner/Family

23.2% Doctor

13.4% Counsellor

6.9% Community Health Nurse

4.3% Psychologist

3.3% Mental Health Services

2.5% No One

Comment:

Already tried it

Final Comments:

Many women are going through menopause – I would be interested in any help or information on how to control it by natural means and not HRT – I don't think many women really understand their bodies – I would be interested in educating myself about my body I have a support line (Al-Anon)

Thanks for 2 great evenings both my me and my husband enjoyed them – do it again in years to come

Wish my partner would listen to these health sessions

I think you for your interest in helping the men in my family, as this was the closest to going to a doctor. Also I think you for helping the girls too

Impressed with fantastic attendance.

Thank you for the opportunity!

Excellent service offered in our small community.

Well done to ALL organisers and "behind the scene" people!

I am quite happy with the services that are available to us in Mitchell except for dentistry

More of these nights would be good

Enjoyable night

Great Night

Night finished too late

Fantastic night. Well done, should be more

Fantastic night – keep up the good work

Thanks a million for your great effort in organising these sessions – very valuable

Thanks for a great night

Very good evening.

It's good have reassurance that we are doing/thinking is positive in our relationship
Thanks, fantastic
Well done, it was good to hear a bit of what the men heard and said
Thank you for your efforts in bringing these session to men, it's still an age old problem 'How do you get them to do something positive – change diet etc'
Thank you, congratulations Harrow BNC what a lucky community
Great session, have been very pleased, thanks for getting our men thinking
A very interesting night
These health sessions have been fantastic for the community, we should have them on a regular event
My husband and I are very happy with life in general, we are in good health and enjoy working together
Sorry I didn't get there
After hours appointments for Men's Health checks
More social functions with less focus on actual counselling would keep people talking, happier
Fantastic to have this happening in Harrow

EXECUTIVE SUMMARY

Health Screening Sample

**Combined Client Satisfaction Survey
Extract of Health Screenings**

Mitchell, Queensland

2007

**151 Screenings
14 Referrals
50 Call Backs**

**Results based on POC Diagnostics
LDX Screening Technology**

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

For Rural Men's Health Project

**Funded under Federal Department of Health
& Ageing, Rural Department**

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Combined Client Satisfaction Survey

Executive Summary

Mitchell Queensland 2007 (Pending results from Harrow Vic and Katherine NT)

88 Respondents

- *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

77.8% Non Indigenous
7.1% Indigenous

69.3% Females
42.3% Males

Age Group

9.4% 20-29
12% 30-39
27.1% 40-49
26.6% 50-59
27.5% 60+

Health Screening

100% found it valuable

100% found it helpful to have a health check and speak to a health nurse or doctor

98.7% found it increased awareness of health and risks for heart disease and diabetes

91.8% found it beneficial to have screening and receive advice/support from Nurse

88% will make changes to improve their health

51.4% WILL visit Doctor or other HP as a result of screening

42.3% attended screening as a result of attending a session on Men's Health

31.7% attended screening as a result of attending a session on Women's Health

16.1% referred on to Doctor/Nurse after screening

77.7% were not referred on to Doctor/Nurse after screening

After Session

59.3% feel better informed

36.7% can make changes

33.6% happy with results

13.8% feel wiser

3.5% no different

Session

98.1% screening process – excellent

77.7% explanation of screening result – excellent

69.4% information on CVD/Diabetes - excellent

Summary of Screening Results

Screening Results based on 18 clients who attended 2-3 sessions. The overall results indicate a behavioural change with reductions of risks in the levels of

- Cholesterol
- Blood Pressure
- Diabetes

The above results can vary based on Fasting or Non-Fasting screenings.

Further screenings are to take place throughout 2008.

DOB

Family History of Heart Disease Y
Non Smoker

Family History of Diabetes N
BP Medication

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	170/90	N				5.67	N	
26/09/07	135/83 ↓		5.64	1.07	4.7	2.59	5.42 ↓	N

DOB

Family History of Heart Disease Y
Non Smoker

Family History of Diabetes Y
BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	109/85	N	7.06	1.48	4.8	1.34	4.65	N
4/12/07	108/76 ↓		6.37 ↓	1.44	4.4	0.80 ↓	4.63 ↓	N

DOB

Family History of Heart Disease Y
Non Smoker

Family History of Diabetes Y
BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	130/87	N	6.19	1.93	3.2	1.89	5.87	N
26/09/07			5.92 ↓	1.73	3.4	1.3 ↓	5.07 ↓	N

DOB

Family History of Heart Disease Y
Non Smoker

Family History of Diabetes N
BP Medication Y

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	132/90	N	7.3	1.40	5.2	2.14	6.97	N
14/12/07	120/78 ↓		5.28 ↓	1.19	4.4	1.61 ↓	4.72 ↓	N

DOB

Family History of Heart Disease N Family History of Diabetes Y
Non Smoker BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	117/75	N	3.9	0.80	4.9	2.12	6.13	N
25/09/07	118/76		3.99	1.05	3.8	2.22	5.98 ↓	N

DOB

Family History of Heart Disease Y Family History of Diabetes Y
Non Smoker BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
21/05/07	110/80	N	5.92	0.84	7.0	4.26	5.57	N
25/09/07			6.02	0.79	7.6	5.27	6.46 ↑	N
4/12/07	104/66 ↓		5.6 ↓	0.66	8.5	2.97 ↓	6.14 ↓	N

DOB

Family History of Heart Disease Y Family History of Diabetes N
Non Smoker BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	135/80	N	7.26	1.1	6.6	2.81	7.03	N
25/09/07			7.11	1.1	6.3	1.98 ↓	6.49	N
4/12/07	112/72 ↓		6.45 ↓	1.2	5.4	2.21 ↑	4.54 ↓	N

DOB

Family History of Heart Disease N Family History of Diabetes Y
Non Smoker BP Medication N

Date	BP Level	Meds	TC	Cholesterol			BSL	Fasting
				HDL	RATIO	TRIS		
22/05/07	126/82	N	5.61	0.96	5.8	6.73	10.2	N
25/09/07	112/78		6.0 ↑	0.85	7.1	3.90 ↓	6.86	N
4/12/07	102/64 ↓		5.15 ↓	0.93	5.5	3.88 ↓	6.51 ↓	Y

DOB

Family History of Heart Disease N Family History of Diabetes Y
Non Smoker BP Medication N

Date	BP Level	Meds	Cholesterol				BSL	Fasting
			TC	HDL	RATIO	TRIS		
22/05/07	115/76	N	5.51	1.23	4.5	2.02	5.54	N
25/09/07	125/79		4.72 ↓	1.18	4.0	1.12 ↓	6.17	N
4/12/07	110/70 ↓		4.96 ↑	0.81	6.2	2.30 ↑	6.10 ↓	N

DOB

Family History of Heart Disease Y Family History of Diabetes N
Non Smoker BP Medication N

Date	BP Level	Meds	Cholesterol				BSL	Fasting
			TC	HDL	RATIO	TRIS		
23/05/07	130/85	N						N
25/09/07	114/72 ↓		4.60	1.31	3.5	1.18	5.30	N