

Summary Findings

**Combined
Women's Health Nights
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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Combined Women's Health Nights

Response to Men's Health Night

Executive Summary

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 (Harrow)

	Harrow	Mitchell
1.	Heart Disease	Breast Cancer
2.	Relationships	Cervical Cancer
3.	Breast Cancer	Heart Disease
4.	Cervical Cancer	Anxiety /Stress
5.	Anxiety/Stress	Cholesterol
6.	Blood Pressure	Blood Pressure
7.	Cholesterol	Relationships
8.	Diabetes / Menopause / Depression	Urinary/Bladder Problems
9.	Urinary/Bladder / Mental Health Issues	Diabetes / Depression
10.	Workplace Stress	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% enjoy the men's health night
- 60.6% talk 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 sessions 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