



International Men's Health Week 2010, 14-20 June 2010

Austria	Theme: general men's health Men's Health Day (Vienna), 18 June
Denmark	Theme: Men, Body and Diet - more physical activity and a healthier diet for men! Event: Men's Health Day, 16 June Event: Men's Health Award 2010, 16 June Campaign: "Football is healthy, especially if you play it", 14 to 20 June Campaign: Health checks and health information, 14 to 20 June Campaign: "Understanding your health check numbers" Campaign: Healthy food – Healthy men, 14 to 20 June Workshop on Men's Health, 9 June Workshop on pelvic exercises, 14 to 20 June Event: MHW Soccer tournament
England & Wales	Theme: Men and physical activity Question of Health Quiz - On-line Launch event: A Question of Health, 14 June Mini manual: "Question of health" NHS website dedicated section to men's health Coordination of local activities across England and Wales, 14-20 June
Hungary	Theme: Physical activity and cancer prevention Conference: Men's physical activity and cancer prevention, 16 June Campaign: Cancer screening, 14-20 June
Ireland	Theme: <i>Men and Physical activity: "Get Up. Get Out. Get Going!"</i> Launch of online get-fit-for-it training programme, 14 June Event: Phoenix Park MHW 2010, 4 September Media campaign, 14-20 June Other events throughout Ireland, 14-20 June
Italy	Theme: Men and cancer Awareness raising activities, June 14-20 June Campaign: Early diagnosis of cancer, 14-20 June
Netherlands	Theme: Men's Health: life style and risk factors Event: Erection truck, 14-20 June Campaign on lifestyle and risk factors, 14-20 June
Scotland	Theme: Men and Physical activity Event: MHFS 10 K for Men, 20 June Special Newsletter and Events Directory, available Poster and leaflet, available

About International Men's Health Week

International Men's health week takes place each year in the week leading up to father's day in many countries worldwide. The event aims to increase awareness of general male health issues and to encourage inter- and intra-national institutions and organisations to provide better care for health issues affecting men.

Activities by Country

Austria

Theme: **General Men's Health**

Men's Health Day (Vienna), 18 June

MEN Männergesundheitszentrum Wien organises an information stand and male health checks in a pedestrian area of the 10th district in Vienna

Contact: Mag. Romeo Bissuti, romeo.bissuti@wienkav.at

Organisation: MEN Männergesundheitszentrum <http://www.men-center.at/>

Denmark

Theme: ***Men, Body and Diet - more physical activity and a healthier diet for men!***

Men's Health Society Denmark (MHSD) in partnership with other local organisations organises the activities below

Contact: Dr. Svend Aage Madsen, svendaage@madsen.mail.dk

Organisation: Men's Health Society Denmark <http://www.sundmand.dk/index.htm>

Event: Men's Health Day, June 16

Men's health day, organised by the Municipality of Taarnby with the presence of the Minister of Gender Equality, Mrs. Lykke Friis

Event: Men's Health Award 2010, June 16

Nominated individuals and organisations will receive prizes for their outstanding achievements in the field of men's health.

Campaign: Football is healthy, especially if you play it, 14 to 20 June

Distribution of 8-page pocket flyer with information about Men's Health and the benefits of playing soccer. The information is based on the recent publication of new research.

Health checks and health information campaign, 14 to 20 June

22 municipalities around Denmark organise information activities and health checks for men

Contact: Gitte Petersen, cn19175@rk.dk or Jonna Winther, jowi@aarhus.dk

Organisation: Healthy City Network

Campaign: Understanding your health check numbers

A dedicated website provides information target to men for understanding the results of their health checks and learn what they mean. It includes as well information and recommendations.

Contact: Regitze Siggaard, regitze@aktivo.dk

Organisation: Netdoktor.dk

Campaign: Healthy food – Healthy men, 14 to 20 June

Built on previous year's successful experience, a set of recipes of healthy food has been developed to be distributed to a large number of catering firms and organisations across Denmark

Contact: Regitze Siggaard, regitze@aktivo.dk

Workshop on Men's Health , 9 June

Danish fitness Centres organise a workshop aiming at building capacity for attracting more men into physical activity

Contact: Morten Flatau, morten@flatau.dk

Event: Workshop on pelvic exercises, 14-20 June

A series of workshops on the benefits of pelvic exercises on erectile dysfunction and continence take place across Denmark during the week

Contact: Soren Ekman, ekman@gotvedskolen.dk

Event: MHW Soccer tournament

Employees of municipal organisations and private companies team up to play a soccer tournament across Denmark

Contact: Henrik Hansen, henrik@2hmanagement.dk

England & Wales

Theme: **Men and Physical activity**

Contact: Kristin McCarthy K.McCarthy@menshealthforum.org.uk

Organisation: Men's Health Forum www.menshealthforum.org.uk

National and local activities across England and Wales, 14-20 June

Men's Health Forum provides tools to support local events, organised by individual primary care or other health organisations, workplaces, community groups, etc.

For more information and registration visit <http://www.menshealthforum.org.uk/content/mens-health-week-2010-registration> or download the Men's Health Week 2010 brochure at

<http://www.menshealthforum.org.uk/files/images/NMHW2010brochure.pdf>

Question of Health Quiz - On-line

Winners of the online quiz will be invited to the national launch event of National Men's Health Week 2010 to compete at "A Question of Health" against a celebrity team including snooker legend Jimmy White, former World Darts Champion Andy Fordham, and rugby league celebrity Steve Prescott. Quizmaster is fisherman and broadcaster Keith Arthur. There will be sporting prizes for the winning team.

The on-line version is available at: <http://www.malehealth.co.uk/mens-health-week-2010/21208-question-health-prize-quiz>

Launch event: A Question of Health, 14 June

A Knock-out competition against a celebrity team of sports and health media personalities launch the Week.

A Question of Health will be held at West Ham FC (Upton Park, London) on Monday 14 June, 4.00 to 6.00pm and will be followed by a drinks reception and a free tour of West Ham's ground. This is available on by invitation or to winners of the on-line quiz above.

Question of health mini manual

The NMHW2010 mini manual *Question of Sport*, written by MHF President Dr Ian Banks focus on sport and physical activity. It looks at the health benefits of exercise, the basics of fitness and how to get active again. More details can be found at the link below

<http://www.menshealthforum.org.uk/content/question-health-mini-manual-order-form>

NHS website dedicated section to men's health

Men's health questions section, provides information about health

<http://www.nhs.uk/chq/pages/category.aspx?categoryid=61>

NHS Mid-life check, a new, free, totally confidential online service to help men look after themselves. NHS Mid-Life Check asks a few simple questions and provides advice

<https://www.midlifecheck.co.uk/>

Football Fan Fitness Challenge, the NHS Choices Football Fan Fitness Challenge helps men improve their health online in a competitive challenge in which they 'play' for their favourite World Cup and domestic teams. A mini health assessment gives a 'transfer value' which can be boosted by following health tips and daily challenges <http://www.nhs.uk/tools/Pages/Toolslibrary.aspx>

Olympic Tool, the NHS Choices Olympic Tool developed with leading sports psychologists helps people of all ages and ability be more active by finding out what sports they are likely to enjoy. The tool is packed with tailored advice and includes interactive mapping linking to over 37,000 local services and organisations <http://www.nhs.uk/tools/Pages/Toolslibrary.aspx>

Hungary

Theme: **Physical activity and cancer prevention**

Contact: Peter Csizmadia , csizmadia.peter@oeffi.antsz.hu

Organisation: National Institute for Health Development and Hungarian Cancer League

Conference: Men's physical activity and cancer prevention, 16 June

The National Institute for Health Development and the Hungarian Cancer League organise a one day conference on the impact of physical activity on cancer prevention in men. The conference, aimed at health professionals and representatives of civil organisations includes presentations on sport, cardiology, and physical and psychological issues as well as stress management.

Cancer Screening Campaign, 16-20 June

The National Institute for Health Development in collaboration with civil organisation FérfiégészségŐr Klub organises a cancer screening campaign across Hungary, including urology consultations and prostate cancer screenings.

As part of the campaign and aiming at promoting physical activity among men, it will be organised a series of walking programmes.

Ireland

Theme: **Men and Physical activity "Get Up. Get Out. Get Going!"**

Contact Colin Fowler, colin@mhfi.org

Organisation Men's Health Forum Ireland, <http://www.mhfi.org/>

Main Event: Phoenix Park, Dublin

Launch of online get-fit-for-it training programme: 14th June

The Men's Health Forum in Ireland offers from Monday 14th June an online training programme to help men and boys to get fit for the activities organised at the Phoenix Park event. This can be accessed at <http://www.mhfi.org>

Event: Saturday 4th September

A 10km and a 5km competitive race, and a 3km fun run/walk, will be organised by the Men's Health Forum in Ireland in the Phoenix Park, Dublin.

This event will bring together serious runners, those who never tried distance running before (but want to get fit enough to do it), and those who want to come out as a family for a bit of fun.

A series of health checks, activities led by well known sporting figures, dissemination of health promotion literature, and other physical activity sports will also be part of the programme.

Media campaign: 14-20 June

Print, radio and TV campaign to profile the activities of Men's Health Week and raise awareness of men's health issues.

Other events throughout Ireland will be run by local groups and promoted / supported by the Men's Health Forum in Ireland on their website and in their "E-Male Matters" electronic newsletter.

Italy

Theme: **Men and cancer**

Contact: Viki Andonova, v.andonova@lilt.it

Organisation: Italian League against Cancer (LILT) <http://www.legatumori.it/>

Awareness Raising and information campaign, 14-20 June

LILT Central Headquarters will put into operation its 106 Provincial Divisions in occasion of this event. From 14 to 20 June 2010 their prime objectives such as raising public awareness, providing health information, education and early detection will be mainly addressed to the male population, in particular, to young men.

Campaign: cancer early diagnosis ,14-20 June

The Italian Cancer League organises a campaign on early diagnosis of cancer, inviting men to carry out medical and instrumental examinations for early detection of tumours at any of the 390 LILT's outpatient departments countrywide.

Netherlands

Theme: **Men's Health: life style and risk factors**

Contact Dr. Y.Reisman, c.reisman@planet.nl

Organisation: Mannenklinieken <http://www.mannenklinieken.nl/index.php>

Campaign: Erection truck, 14-20 June

Under the slogan of "health in movement", the erection truck will be present in the 5 biggest cities of the Netherlands, to raise awareness and provide information on lifestyle and risk factors as well as increase awareness about risks of illegal buying of medicines over the Internet.

Campaign on lifestyle and risk factors, 14-20 June

Mannenklinieken (Men's Health Clinics) organises a series of information sessions addressed to the general public, in several hospitals in the Netherlands.

Scotland

Theme: **Men and Physical activity**

Contact: Maureen Docherty, maureen@mhfs.org.uk

Organisation: Men's Health Forum Scotland <http://www.mhfs.org.uk/>

Event: 5th 10K for Men, 20 June

The "10k for Men" organised by Men's Health Forum Scotland, provides a major focus for National Men's Health Week and brings together men from across Scotland and beyond.

National Men's Health Week newsletter, available from 1st June

The newsletter will have various articles from different organisations across Scotland who are working to improve men's health. Some of the articles included are from The Scottish Bowel Screening Programme, Prostate Scotland, Physical Activity and Health Alliance, The White Ribbon Campaign, Breathing Space and much more.

Poster and leaflet

MHFS have produced a leaflet and poster to help promote men's health week in Scotland. This will be available to practitioners working to improve men's health. The poster and leaflet will also be distributed to all GP surgeries in Scotland, football clubs, army contact, police, fire brigade, homeless units and much more.