

# Sunderland Men's Health Network

December 2011

Sunderland Men's Health Network



Together we will improve men's health

Welcome to the Sunderland Men's Health Network newsletter. The aim of this newsletter is to share and promote the work of the Men's Health Steering Group, updates on national, regional and local men's health information and to create a virtual community interested in men's health.

## Background on Men's Health

The term **Health Inequalities** describes the way that certain groups of people experience poorer health due to a variety of factors, such as low socio-economic status. Health inequalities are systematic differences in health between different social groups, that is, as a result of structural rather than individual factors. Men experience worse health and the Health Inequalities Report (Acheson report) in 1998 highlighted this. In 2010 the Marmot Review again highlighted the gaps in men's health.

Health inequalities in Sunderland have been apparent for many years and although overall life expectancy for people in Sunderland is increasing, the gap between Sunderland and England is not closing, especially for men. In 1996 the gap was 19% of the England average, in 2007 this figure was 24%.

Nationally there are 5 health challenges that are greater in men than women,

1. Cardiovascular disease
2. Obesity
3. Cancer
4. Mental health
5. Alcohol misuse



In the North East and specifically Sunderland there are a number of reasons that contribute to high male mortality. Many of these causes can be prevented and require a collective partnership approach. The following are the main contributors:

1. Cancers (Lung, Prostate, Testicular, Skin, Bowel)
2. Cardio Vascular Disease
3. Emotional Health and wellbeing

“Men in Sunderland have a lower life expectancy than the national average – 75.9 compared to 78.3 nationally. There are also unnecessary differences in life expectancy locally – a man in Washington South, for example, can expect to live until 83.7, whereas a Hendon man's average life expectancy is 14 years lower at just 69.7.

“Many of these premature deaths could be prevented – whether that be through making lifestyle changes such as losing weight, doing more exercise or stop smoking – or by simply being more aware of the symptoms of certain conditions and visiting the doctor at an early stage.

## What are we doing in Sunderland?

- Sunderland Teaching Primary Care Trust's Public Health Dept has formed a men's health steering group to begin unravelling health inequalities linked with men.
- The men's health steering group meets bi monthly and has a set action plan which takes a holistic approach to men's health
- The steering group reaches out to all by planning and delivering health events with various public health initiatives
- The steering group sees it vital that at a time of financial difficulty that we all work together to ensure we can improve the health of men

## Who is in the steering group?



The following organisations from the statutory and voluntary sector are part of the Steering group:

- Sunderland Teaching Primary Care Trust's Promoting Health Engagement team
- Promoting Health Engagement team volunteers
- South Tyneside Foundation Trust's Occupational Health, Safety & Security
- Sunderland City Council
- Northern Engagement into Recovery from Addiction Foundation
- North East Council for Addictions
- Lifeline
- B Active N B Fit
- Washington Mind
- Headlight
- South of Tyne Bowel Cancer Screening Programme

## We want you to be involved!

We are currently building a database of email contacts that we can regularly send information related to men's health. If you would like us to keep you up to date, you would like to be involved in the steering group please let us know.

Yusuf Meah (Chair)

Sunderland Men's Health Network

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## This month's feature

### Movember

Movember (the month formally known as November) is a charity event held during November each year.

At the start of Movember guys register with a clean shaven face. The Movember participants known as Mo Bros then have the remainder of the month to grow and groom their moustache and along the way raise as much money and awareness about male health issues as possible.

A massive congratulations to everyone who took part in Movember, either by growing a moustache or wearing a fake tash! It certainly stimulated some interesting conversations about men's health. Staff at NHS South of Tyne raised £2,291 and you can still add to their total by clicking <http://uk.movember.com/mospace/1530490/>

Simon Ayre (right), Health Checks Specialist Nurse Practitioner for the Wellbeing Team, South Tyneside NHS Foundation Trust is part of the Sunderland Men's Health Steering Group. He courageously grew his Moustache for the month and raised much needed awareness on Men's Health. **Well Done Simon!**



## Event

# Free Christmas Event For the Whole Family!



On Saturday 17<sup>th</sup> December from 12 noon until 3pm

In the Jack Crawford Room of Sunderland Museum & Winter Gardens



### Take a break from your Christmas shopping - You're important!

- Find out how to look after yourself during the festive period!
  - Chat to reps from local Wellbeing Services
- Special Guest – Santa Claus himself!
  - Make a Christmas wish
- Join in a Laughter Yoga session
  - Carol Singing
  - Information stands
- Call in for a cuppa and a mince pie
- Simply enjoy the Christmas cheer and join in the fun!

Please forward this newsletter to colleagues and friends who may be interested