

About the Men's Health Trust

Men's Health Trust New Zealand was established in 2007 as a nationwide charity. We rely on the generosity of our sponsors and donors to fund our work.

Our purpose is to inspire men to make positive and rewarding lifestyle choices, not just for themselves, but for their families and communities. We do this by providing education programmes, research and information to encourage and promote good health.

Our programmes include:

Men's Health Talks

We run men's health talks, and health checks for community groups and workplaces, inspiring men to make healthier choices and talk more about their health.

Health Promotion Campaigns

We create nationwide billboard, poster and media campaigns provoking men to be proactive about their health.

Men's Health Scholarships

We sponsor men who show a passion for tackling men's health issues through a tertiary scholarship programme. This supports the next generation of men's health professionals.

Health Information

We provide information to men and families on a variety of men's health and wellbeing topics, including medical research, details of local support groups and printed resources.

For more information on these programmes and our work visit www.menshealthnz.org.nz.



#MenStartTalking

Stay in Touch

Join our email list and we will keep you informed of our upcoming events and activities and share inspiring stories and tips on men's health topics. To stay tuned on a daily basis, like our facebook page. For more information, visit our website.

Contact Us

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men's
health

Men's Health Trust

www.menshealthnz.org.nz

3000 New Zealand men suffer preventable deaths every year - that's 1 every 3 hours!

Of the 10 most common causes of death facing New Zealanders, men top almost all of them.

Heart disease, strokes, cancers, diabetes, suicide, melanomas, road deaths

Each year, almost twice as many of us men take our own lives than die in car crashes.

As a nation, 70% of us men are overweight and at risk of developing diabetes, cancers and heart disease.

Yet we continue making poor diet and lifestyle choices and we don't change our ways until we get diagnosed with an illness or disease.

What can you do?

The good news is that by making small lifestyle changes today, many health conditions will be avoided and we can live healthier, for longer. Here are some ideas:

Eat smarter

Food is fuel. Eat a diet with plenty of fresh vegetables to feel your best. Cut down on sugar and junk food. These pack on the pounds without giving your body any nutrients.

Exercise

Get involved with a social sports team, take a walk now and then, and do some loadbearing (resistance) exercise. Exercise is good for your body and good for your mind. It will help you sleep better, live longer, and feel better.

Check your drinking

Drinking alcohol can affect your sleep, your decision making, your mood, and your ability to function properly the next day. Reduce the amount you drink and you will feel happier and function better.

Quit smoking

If you are a smoker, quitting smoking is the single best thing you can do for your health. People who use Quitline are 5 times more likely to stop smoking. Go to quit.org.nz or call Quitline on 0800 778 778.

Talk about it

Life is stressful and sometimes the going gets tough. Talk to your male friends about your health and what's going on in your life. It's likely they'll have similar experiences to you. Not talking kills hundreds of men every year.

To make a positive change to your health, choose just one small thing to begin with and commit to making that improvement. Let your friends and family know so you can make the change together.

How's your health?



Men tend to be reluctant to go to a health professional unless something is broken, or we are feeling seriously unwell. Maybe it's time to change that.

See the coach

Your sports team has a coach, your car has a coach (the mechanic), your body and mind need a coach too - a health professional. It's important to develop an ongoing relationship with a qualified health professional you feel comfortable discussing your concerns with so that you can develop a plan together with simple steps you can take to improve your health.

Find a great doctor that works for you

If you are unhappy with your current doctor or are not registered with a doctor, visit healthpoint.co.nz and select "GPs (General Practitioners)" to find a Practice or GP in your area with hours that suit you.

Have an annual health check

As you reach middle age, your chances of developing illnesses such as prostate cancer, bowel cancer, and heart disease increase. Make an annual appointment with your health professional to discuss your risks and get tested. With early detection, many illnesses are fully treatable.