

# Men's Health in Numbers

## Northern Ireland Men's Health Report Card 2021



Prepared for the Men's Health Forum in Ireland by Dr Paula Devine

## THANKS AND ACKNOWLEDGEMENTS

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This report is available online at: [www.mhfi.org/MensHealthInNumbers3.pdf](http://www.mhfi.org/MensHealthInNumbers3.pdf)

# Introduction

The Men's Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, from both Northern Ireland and the Republic of Ireland. The Forum was established in 1999, and operates on an all-island basis.

MHFI was established in response to the growing recognition of the need to address the poor health status of males in Ireland. However, one of the first challenges facing it was to gain access to reliable data upon which to plan future interventions. This remains an ongoing concern - as the Forum seeks to work in an evidence informed way.

This barrier was, initially, overcome when MHFI launched its seminal *Men's Health in Ireland* report in January 2004 ([www.mhfi.org/fullreport.pdf](http://www.mhfi.org/fullreport.pdf)). This document provided the most comprehensive overview of key statistics on men's health on the island of Ireland ever collated up to that time. It offered clear evidence of local males' health needs, and a roadmap for action. Importantly, it also provided a baseline against which to measure progress in the future.

To mark its twenty-first birthday in 2020, the Forum undertook an initiative titled *Men's Health in Numbers*. Funded by the Health Service Executive (HSE) Health and Wellbeing, this sought to produce:

1. A comprehensive **Trends Report** that describes changes in significant markers of men's health on the island of Ireland between 2004 and 2019.
2. An **Irish Men's Health Report Card** that provides a contemporary synopsis of key men's health statistics in the Republic of Ireland.

In early 2021, with financial support from the Belfast Health and Social Care Trust Carers' Support Service, work began on researching and producing a Northern Ireland version of the Report Card i.e. this document.

The amount of data available on the health of men and boys on the island of Ireland is almost endless. This Report Card can only give a flavour of some of the important issues in the lives of local males. It focuses upon headline statistics and, for simplicity, presents most of these as infographics. If you would like to explore more detailed data, please have a look at the substantive *Men's Health in Numbers: Trends on the Island of Ireland* report which is available at: [www.mhfi.org/MensHealthInNumbers1.pdf](http://www.mhfi.org/MensHealthInNumbers1.pdf) Alternatively, check-out some of the data sources on page 19 of this Report Card.

A lot has changed in Ireland - and the world - since our *Men's Health in Ireland* report was published in 2004. Indeed, even at the deadline for publication of this Report Card, the range of data available to us is constantly evolving and changing. COVID-19 is also having a dramatic impact upon the health and wellbeing of everyone and, no doubt, will have a long-lasting legacy. Thus, this Report Card only represents a snapshot taken at one particular period in time, and - if we were able to wait until 2022 - we might also be able to draw upon data from the 2021 Census in Northern Ireland.

The figures in this booklet provide some cause for optimism, along with some grounds for concern. The four main causes of death among males in Northern Ireland continue to be neoplasms, circulatory system diseases, respiratory system diseases, and external causes of injury and poisoning. That said, it is important to note that death rates from these have often been reduced due to factors such as the adoption of healthier lifestyles, the uptake of screening programmes, better diagnostic tools, improvements in health literacy and help-seeking behaviours, availability of support services, and more effective treatment options.

The figures in this booklet provide some cause for optimism, along with some grounds for concern.

This progress, combined with the fact that Northern Irish males now live longer, means that the overall population of males is ageing. The downside, though, is that we can expect a higher incidence of some cancers and chronic conditions in the future.

Yet, excessive alcohol use remains high. Too many males are overweight. The number of males diagnosed with gonorrhoea has increased. Many boys under-achieve in education. The prevalence of autism is increasing .... However, the mortality rate for all invasive cancers (excluding NMSC) has fallen and the survival rate has increased. There are fewer male smokers. The number of male suicides has fallen. The proportion of male deaths due to diseases of the circulatory system has decreased. The number of males diagnosed with HIV has declined. Healthy life expectancy for males has increased ...

But Northern Irish males are not a homogenous group, and there are significant differences in the circumstances of their lives, health behaviours and health outcomes. Indeed, it is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

It is worrying that incidence rates of diseases and chronic conditions are, mostly, higher within areas of deprivation.

Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they are contending with. However, this is no longer the case. In recent years, a broad range of research has highlighted the health challenges which face men on the island of Ireland and further afield. Yet, although the health of local men can, sometimes, be poor, it is not a 'lost cause'. It can be improved in many significant ways. Indeed, a wide range of innovative and pioneering initiatives have already been developed to support the health needs of men and boys. Some examples of these are peppered throughout this Report Card.

Much has already been achieved but, as they often say in Report Cards: '*there is still room for improvement*'. Males, themselves, need to play a central role in taking control of their health and wellbeing. However, male health is not just an issue for individual men and boys; their health can often be determined and influenced by other policy, economic, environmental, educational and social factors which are outside of their personal control. This dynamic is represented in the '*Health Impact Pyramid*' towards the end of this booklet on page 18. Thus, there is also a role in improving male health for decision-makers, service providers and society as a whole.

Male health is not just an issue for individual men and boys. It can be determined and influenced by factors which are outside of their personal control.

Northern Ireland doesn't have a dedicated policy, strategy or action plan to improve men's health and wellbeing.

The Republic of Ireland was the first country in the world to adopt a *National Men's Health Policy* and, subsequently, a *Healthy Ireland - Men Action Plan*. However, to date, Northern Ireland hasn't developed its own dedicated policy, strategy or action plan to improve men's health and wellbeing.

We hope that these materials will be a practical resource for many organisations across the island of Ireland - by highlighting some of the main areas for concern, providing evidence of need, mapping the magnitude of the work which needs to be undertaken, and inspiring practical and realistic responses.

**The Men's Health Forum in Ireland**

# Population



## TOTAL POPULATION

POPULATION OF NORTHERN IRELAND IN 2019: 1,893,667  
**MALES: 932,717 (49.3%)**

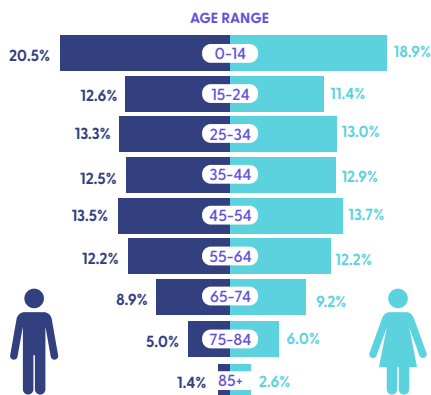


Source: Registrar General Annual Report 2019

## AGE PROFILE

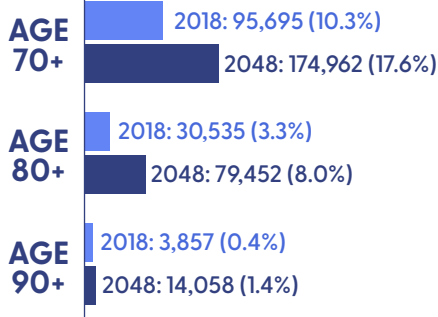


**MALES HAVE A YOUNGER AGE PROFILE THAN FEMALES**



Source: NISRA Mid-Year Population Estimates 2019

## AGEING: OLDER MALES

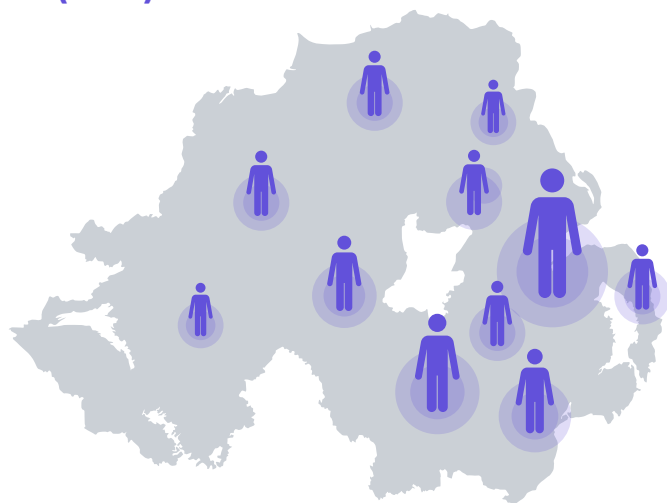


**THE NUMBER OF OLDER MEN IS EXPECTED TO RISE OVER THE NEXT 30 YEARS**

Source: NISRA 2018-based Population Projections

## AREA OF RESIDENCE

(2019)



Local Government District	000s	% of male population
Antrim and Newtownabbey	70.0	8
Ards and North Down	78.5	8
Armagh City, Banbridge and Craigavon	107.5	12
Belfast	167.0	18
Causeway Coast and Glens	71.7	8
Derry City and Strabane	74.4	8
Fermanagh and Omagh	58.8	6
Lisburn and Castlereagh	71.7	8
Mid and East Antrim	68.4	7
Mid Ulster	74.7	8
Newry, Mourne and Down	90.0	10

Source: NISRA Mid-Year Population Estimates 2019

### CASE STUDY

#### 'Challenges and Choices' Man Manual


The 'Challenges and Choices' Man Manual is a free booklet which highlights ten key men's health issues. It then: issues a realistic and practical challenge to improve the reader's health in each area of concern; provides a reason for why it is important to consider taking action; offers three possible choices for what actions can be taken; signposts the reader to local sources of help and support.

[www.mhfi.org/challenges2021.pdf](http://www.mhfi.org/challenges2021.pdf)



# LIFE EXPECTANCY


## Life Expectancy at Birth

 LIFE EXPECTANCY AT BIRTH FOR MALES HAS INCREASED OVER TIME



## 2017-19 Life Expectancy at Birth by Area of Deprivation



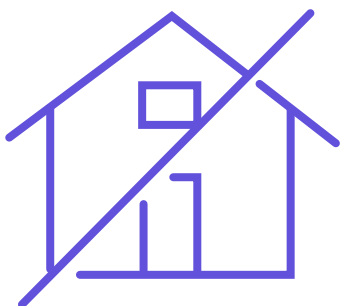
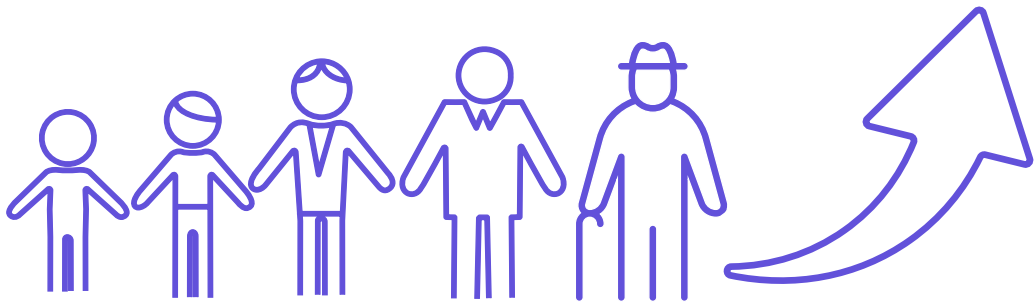
 BUT THOSE IN THE MOST DEPRIVED AREAS HAVE SHORTER LIVES

## Healthy Life Expectancy

 HEALTHY LIFE EXPECTANCY FOR MALES HAS INCREASED



Source: Life Expectancy in Northern Ireland 2017-19 (Department of Health)



# HOMELESSNESS

**5,635** single males presented as homeless in 2019-20

Source: Northern Ireland Housing Statistics 2019-2020 (Department for Communities)

# Family and Relationships



## RELATIONSHIPS (2019)



**7,255**

### Marriages

Average age of males: 35.4 years  
(Female: 33.4 years)



**2,357**

### Divorces

5 male partnerships dissolved  
(7 female)

**46**

### Male civil partnerships

Average age of males: 37.9 years

**57**

### Female civil partnerships

Average age of females: 37.0 years

Source: Registrar General Annual Report 2019

## LONE FATHERS

**5,639** males were lone parents in 2011

(9% of all lone parent households)



Source: NISRA Census Table KS107NI

### CASE STUDY

#### Engage

The Engage Men's Health Training Programme was developed to assist practitioners to build effective relationships with males of all ages in order to address their health and wellbeing needs. Engage offers service providers a range of focused one day experiential and interactive workshops, that increase their understanding of the world of men, and help them to develop strategies for making realistic connections. There is a team of Engage facilitators in the WHSCT area.

[www.mhfi.org/training.html](http://www.mhfi.org/training.html)

## CARING RESPONSIBILITIES

In 2018/19:

**10%** of men had a caring responsibility

4% of men aged 16-24  
17% of men aged 45-54  
9% of men aged 75+

Source: Health Survey Northern Ireland

## CHILD PROTECTION



On 31 March 2020:

**12,456**

boys were known to Social Services as a child in need (9,958 girls)

**1,220**

boys were on the Child Protection Register (1,078 girls)

**1,815**

boys were in care (1,568 girls)

Source: Children's Social Care Statistics for Northern Ireland 2019/20 (Department of Health)

## LONELINESS



In 2019/20:

**20%** of men showed signs of loneliness

16% of men aged 75+  
24% of men aged 55-64

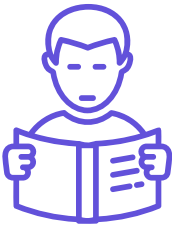
Source: Health Survey Northern Ireland

# Education and Work



## EDUCATIONAL EXPERIENCE

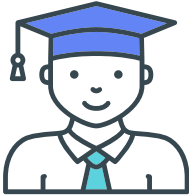
### SCHOOL ATTENDANCE



**55%** of all 16-17 year old boys are studying A levels or equivalent in schools (72% of all girls)

Source: Annual Enrolments at Schools and in Funded Pre-School Education in Northern Ireland 2020/21 (Department of Education)

### THIRD LEVEL QUALIFICATION



**40.4%** of all students from Northern Ireland gaining a higher education qualification at a UK Higher Education Institute were male in 2018/19

Source: Qualifications Gained at UK Higher Education Institutions: Northern Ireland Analysis 2018/19 (Department for the Economy)

**BEFORE COVID, THERE WAS A FALL IN THE PROPORTION OF YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET)**

### YOUNG MALES WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET): % OF 16-24 YR OLDS



Source: Northern Ireland Labour Force Survey (NI), Office for National Statistics (UK)

## EARNINGS (FULL-TIME)

### MEDIAN FULL-TIME GROSS ANNUAL EARNINGS 2020:



**£29,862**  
MALE EMPLOYEES



**£26,149**  
FEMALE EMPLOYEES

This means that half of all males earned above £29,862 and half earned below £29,862

### MEDIAN HOURLY EARNINGS (EXCL OVERTIME) FULL-TIME:

**£12.82**  
MALES

**£13.28**  
FEMALES

## HOURS WORKED

**87%** of males worked full-time  
**57%** of females worked full-time



Source: Annual Survey of Hours and Earnings 2020

**CASE STUDY**

**Sheds for Life**  
Sheds for Life is a community-based health promotion programme aimed at supporting local members of Irish Men's Sheds. The programme seeks to facilitate open and meaningful health-focused discussions, while encouraging men to adopt and maintain healthier lifestyle choices, and to increase their awareness in areas such as physical activity, healthy eating and mental wellbeing.  
<https://menssheds.ie/sheds-for-life>





## EMPLOYMENT RATES


 THE MALE UNEMPLOYMENT RATE HAS FALLEN SINCE 2009

2009:  
**8.4%**



2019:  
**2.7%**

The COVID pandemic has had a huge impact on the economy. This means that future employment and unemployment figures will, most likely, be very different.

HOWEVER, IT IS LIKELY THAT COVID WILL HAVE A HUGE IMPACT ON MALE EMPLOYMENT 

### MALE EMPLOYMENT RATE IN NORTHERN IRELAND (% OF 16-64 AGE GROUP)



Source: Women in Northern Ireland (NISRA)

## OCCUPATION GROUPS

October 2019 - September 2020	Number of males (000s)	% of workers who are male
Skilled trades occupations	97.6	92.9
Process, plant and machine operatives	52.6	89.8
Managers, directors and senior officials	44.7	63.1
Associate professional and technical occupations	55.6	57.1
Elementary occupations	43.9	54.1
Professional occupations	84.6	45.9
Sales and customer service occupations	33.9	39.1
Administrative and secretarial occupations	29.7	31.1
Caring, leisure and other service occupations	11.5	13.5
<b>TOTAL</b>	<b>454.5</b>	<b>52.5</b>

Source: NOMIS, Annual Population Survey



# Health and Lifestyle



## SELF-REPORTED HEALTH

In 2019/20:

- 72% of males rated their health as good or very good
- 88% of males aged 16-24 rated their health as good or very good
- 50% of males aged 75+ rated their health as good or very good

## PHYSICAL ACTIVITY



61%

of men met the physical activity recommendation of at least 150 minutes of physical exercise per week in 2016/17

## LONG-TERM CONDITION

41% of males aged 16+ had physical or mental health conditions or illnesses lasting or expected to last 12 months or more in 2019/20



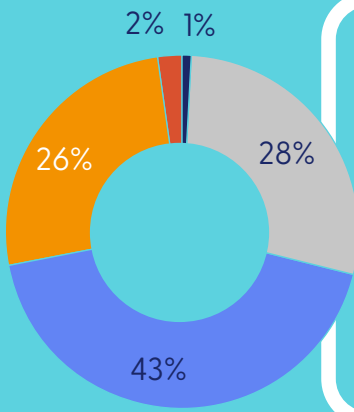
## NUTRITION


38% of men consumed 5 or more portions of fruit and vegetables per day in 2019/20



## WEIGHT

In 2019/20, of males aged 16+





- 1% ● underweight
- 28% ● normal weight
- 43% ● overweight
- 26% ● obese
- 2% ● morbidly obese

IN 2019/20, 5% OF 2-15 YEAR OLDS, 35% OF 45-54 YEAR OLDS AND 38% OF 65-74 YEAR OLDS WERE OBESE



Source: Health Survey Northern Ireland

## SMOKING

% of men who smoke cigarettes

2010/11: **25%**

2019/20: **18%**



THE NUMBER OF MALE SMOKERS HAS FALLEN SINCE 2010/11



**7%** of men use e-cigarettes

Source: Health Survey Northern Ireland

## ALCOHOL AND DRUG USE

In 2019/20:

**80%** of men drank alcohol

**26%** of men drank above recommended weekly limits



In 2019:

**4,470** males were treated for problem alcohol or drug use

**66%** of people being treated for problem alcohol and drug use were male

Source: Health Survey Northern Ireland



Source: Census of Drug and Alcohol Treatment Services in Northern Ireland: 30th April 2019

## LIFE SATISFACTION

In 2018/19:

**88%**

of men were **very satisfied** or **satisfied** with life



**4%**

of men were **dissatisfied** or **very dissatisfied** with life



Source: Health Survey Northern Ireland

## MENTAL HEALTH

A high score on the GHQ-12 scale indicates a possible mental health problem.

**18%**

of men had a high GHQ-12 score in 2019/20



**10%** of men aged 65-74

**26%** of men aged 25-34

Source: Health Survey Northern Ireland

# Cause of Death



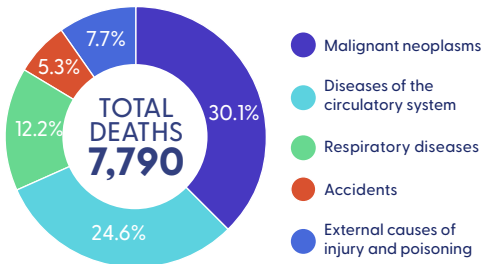
Average age at death in 2019:

**MALES: 74.2 YEARS**  
**FEMALES: 79.4 YEARS**

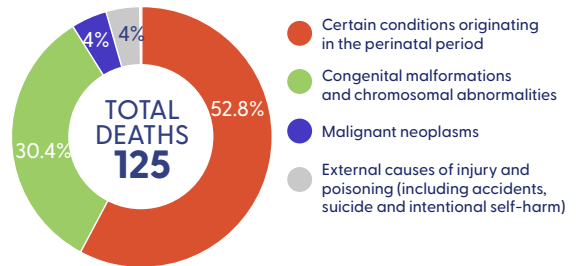


**CANCER IS NOW THE LEADING CAUSE OF DEATH FOR MALES**

## LEADING CAUSES OF DEATH FOR MEN IN N. IRELAND (2019)

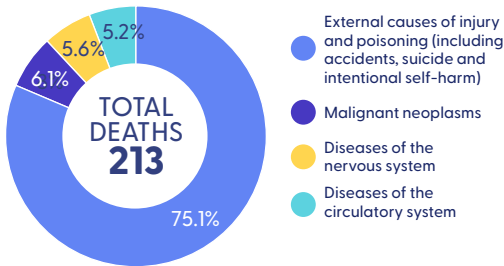


## LEADING CAUSES OF DEATH FOR 0-14 YEAR OLD MALES

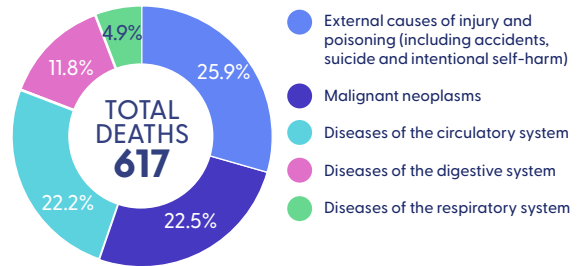


**EXTERNAL CAUSES OF INJURY AND POISONING (INCLUDING ACCIDENTS, SUICIDE AND INTENTIONAL SELF-HARM) IS THE LEADING CAUSE OF DEATH FOR 15-54 YEAR OLD MALES**

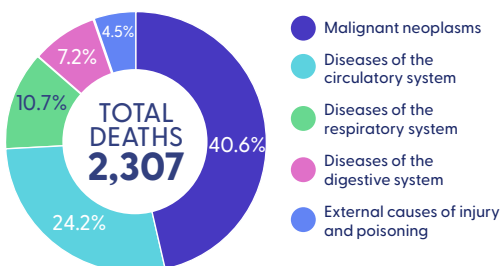
## LEADING CAUSES OF DEATH FOR 15-34 YEAR OLD MALES



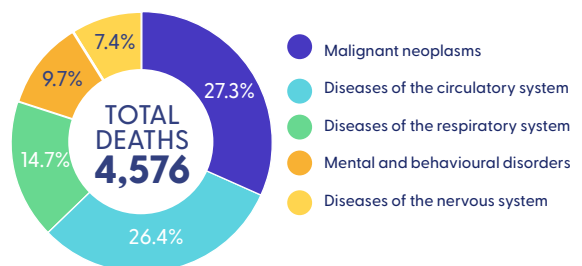
## LEADING CAUSES OF DEATH FOR 35-54 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 55-74 YEAR OLD MALES



## LEADING CAUSES OF DEATH FOR 75+ YEAR OLD MALES

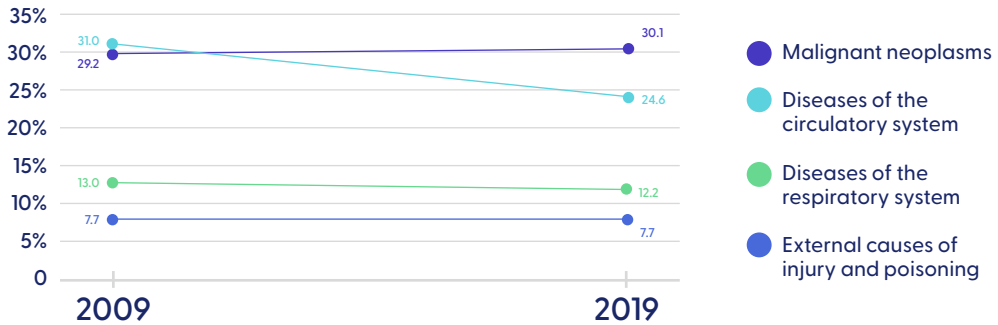


**CANCER IS THE LEADING CAUSE OF DEATH FOR MALES AGED 55+**

Source: Registrar General Annual Report 2019

# 10 YEAR TRENDS: LEADING CAUSES OF MALE DEATH

## % OF ALL MALE DEATHS



Source: Registrar General Cause of Death Tables 2019

### CASE STUDY

#### Farmers Have Hearts Cardiovascular Health Programme

The Farmers Have Hearts Cardiovascular Health Programme is a health intervention which targets male Irish farmers. The programme consists of a baseline health check, a health behaviour change intervention, and a repeat health check at 52 weeks. The overall goal of this on-going programme is to assess its effectiveness in terms of farmers' follow-up use of health services, sustainable health behaviour change, and reduced CVD risk.

[www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php](http://www.teagasc.ie/publications/2020/farmers-have-hearts-cardiovascular-health-programme.php)



## ROAD FATALITIES

**37** males died in transport accidents in 2019

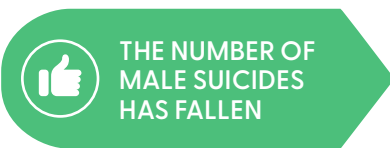
Source: Registrar General Cause of Death Tables 2019

## SUICIDE

### MALE DEATHS BY SUICIDE

In 2019:

**72** of these were among men aged 35-54 years  
**56** were among men aged 15-34 years



2009: **205**  
2019: **157**

Source: NISRA Suicide Statistics

## ALCOHOL RELATED DEATHS

MALE ALCOHOL-SPECIFIC DEATHS

2001: **117**  
2019: **210**

ALMOST TWO THIRDS OF ALCOHOL-SPECIFIC DEATHS ARE MALE



Source: Alcohol-Specific Deaths Registered in Northern Ireland (2019)

### CASE STUDY

#### GAA Healthy Club Project

The GAA Healthy Club Project supports local clubs to explore how they can best support the holistic health of their members, and the communities that they serve, by: reflecting upon what they are already doing well; identifying areas where they would like to improve; and empowering them to ensure that everyone who engages with their club - in whatever capacity - benefits from the experience in a health-enhancing way.

[www.gaa.ie/my-gaa/community-and-health/healthy-club](http://www.gaa.ie/my-gaa/community-and-health/healthy-club)



# Males and Cancer




#1 **Cancer is the number one cause of male death in Northern Ireland**

Cancer diagnoses, excluding non-melanoma skin cancer (NMSC):  
1994: **3,097** 2018: **4,934**

Source: Northern Ireland Cancer Registry

 **THE AGE STANDARDISED INCIDENCE RATE FOR MALES IS HIGHER THAN FOR FEMALES**

In 2018:

Males: **657.7**  Females: **554.7** 

Source: Northern Ireland Cancer Registry

## CANCER RISK

In 2014-2018, before the age of 85 the risk of a man developing:

- 1 in 2 Any cancer (excluding NMSC)
- 1 in 4 Non-melanoma skin cancer
- 1 in 7 Prostate cancer
- 1 in 11 Lung cancer
- 1 in 12 Bowel cancer
- 1 in 17 Colon cancer
- 1 in 33 Rectal cancer
- 1 in 35 Head and neck cancer
- 1 in 40 Kidney cancer
- 1 in 45 Bladder cancer
- 1 in 46 Malignant melanoma
- 1 in 52 Oesophageal cancer
- 1 in 53 Pancreatic cancer
- 1 in 56 Stomach cancer
- 1 in 81 Liver cancer
- 1 in 83 Non-invasive brain cancer
- 1 in 96 Brain cancer
- 1 in 187 Testicular cancer
- 1 in 634 Breast cancer

Source: Northern Ireland Cancer Registry

 **MEDIAN AGE AT DIAGNOSIS: 70**

### CASE STUDY

#### Men's Health Week

International Men's Health Week - held in June each year - offers an annual opportunity to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices / activities; and encourage the early detection and treatment of health difficulties in males. In 2021, 90+ organisations across the island of Ireland contributed to the Planning Group for the week.

[www.mhfi.org/mhw/about-mhw.html](http://www.mhfi.org/mhw/about-mhw.html)

 **CANCER IS THE CAUSE OF 30.1% OF ALL MALE DEATHS**

## CANCER DEATHS

### Number of Cancer Deaths (2019)

Malignant Neoplasms	<b>2,344</b>
Bronchus and lung	<b>541</b>
Prostate	<b>296</b>
Oesophagus	<b>137</b>
Pancreas	<b>126</b>
Colon	<b>117</b>
Bladder	<b>92</b>


Source: Registrar General Cause of Death Tables 2019

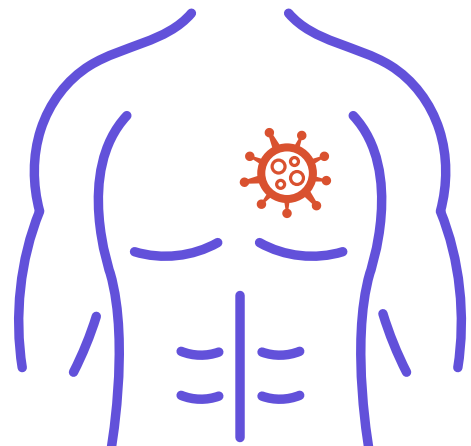
### CASE STUDY

#### BHSCT Carers' Support Service

BHSCT's Carers' Support Service provides information and support to all carers - including men. This ensures they know about their right to a carers' assessment, how their needs can be assessed, and appropriate referral for support. Carers are encouraged to join a mailing list, so that relevant information can be sent to them. The service has a vibrant online programme of activities, including men-only cooking, gardening, guitar lessons, sketching and yoga. This keeps carers connected, gives them a much needed break from their role, and supports their emotional health.

<https://belfasttrust.hscni.net/service/carers-services>

 THE MORTALITY RATE FOR ALL INVASIVE CANCERS (EXCLUDING NMSC) HAS FALLEN AND THE SURVIVAL RATE HAS INCREASED



THE MORTALITY RATE FOR MOST CANCERS IS HIGHEST IN THE MOST DEPRIVED AREAS 


## MALE SURVIVAL RATES

Age Standardised 5 Year Net Survival (all invasive cancers, excluding NMSC)

1994-1998: **37%**  
2009-2013: **54%**


## PROSTATE CANCER

1994: **485 cases**      Median age at diagnosis:  
2018: **1,265 cases**      **71**

 PROSTATE CANCER IN 2018: 26% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 12% OF ALL CANCER DEATHS

## LUNG CANCER

1994: **624 cases**      Median age at diagnosis:  
2018: **692 cases**      **73**

 LUNG CANCER IN 2018: 14% OF ALL DIAGNOSED INVASIVE CANCERS (EXCLUDING NMSC), BUT 24% OF CANCER DEATHS

## TESTICULAR CANCER


1994: **46 cases**      Median age at diagnosis:  
2018: **70 cases**      **36**


 THE MORTALITY RATE FOR TESTICULAR CANCER IS LOW, AND THE SURVIVAL RATE HAS INCREASED

 THE INCIDENCE RATE OF TESTICULAR CANCER IS HIGHEST IN THE LEAST DEPRIVED AREAS

## SKIN CANCER

Non-Melanoma Skin Cancer (NMSC)  
1994: **1,005 cases**  
2018: **2,417 cases**

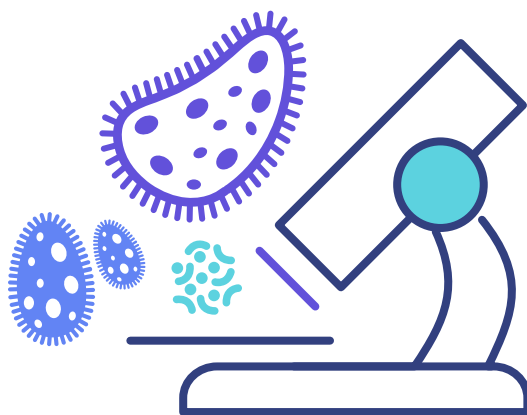
 THE INCIDENCE OF NON-MELANOMA SKIN CANCER HAS DOUBLED SINCE 1994


 HOWEVER, THE MORTALITY RATE FOR NMSC IS LOW


 THE INCIDENCE RATE OF NMSC IS HIGHEST IN THE LEAST DEPRIVED AREAS


Source: Northern Ireland Cancer Registry

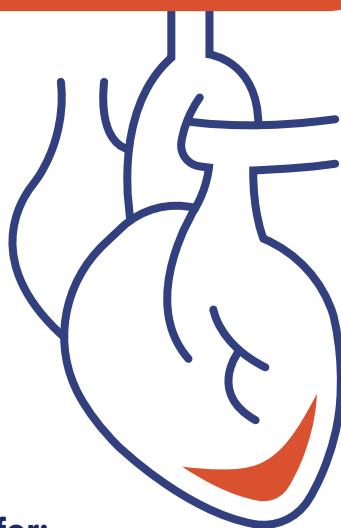
# Chronic Diseases



 THE PROPORTION OF MALE DEATHS DUE TO DISEASES OF THE CIRCULATORY SYSTEM HAS DECREASED

 THE MALE DEATH RATE FOR ISCHAEMIC HEART DISEASE HAS FALLEN

THE PROPORTION OF DEATHS DUE TO ISCHAEMIC HEART DISEASE IS HIGHER FOR MALES THAN FOR FEMALES 

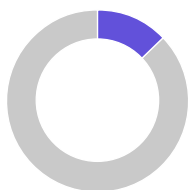


## ISCHAEMIC HEART DISEASE

2009: **145 per 100,000**

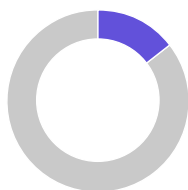
2019: **107 per 100,000**

In 2019, ischaemic heart disease accounted for:



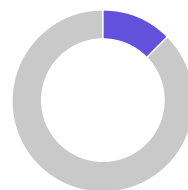
**12.8%**

of male deaths



**14.5%**

of deaths of 35-74 year old males



**12.5%**

of deaths of males aged 75+

Source: Registrar General Cause of Death Tables 2019

### CASE STUDY

#### Men on the Move

Men on the Move is a free, twelve week, community-based beginners' physical activity programme for inactive adult men. It is delivered by Local Sport Partnerships in conjunction with the HSE and Sport Ireland, and creates an environment within which participants can connect with their surroundings and other men. It consists of structured group exercise, experiential workshops, resources and a final celebration event.

[www.sportireland.ie/YPB/MOM](http://www.sportireland.ie/YPB/MOM)



## RESPIRATORY DISEASES



In 2019, respiratory diseases accounted for:

**12.2%**

of male  
deaths

**10.7%**

of deaths of  
55-74 year  
old males

**14.7%**

of deaths  
of males  
aged 75+

Source: Registrar General Cause of Death Tables 2019

## SCHOOL-AGE AUTISM

Autism prevalence rate for males

2008/09: **1.9%**

2018/19: **5.1%**

Autism prevalence rate for females

2008/09: **0.4%**

2018/19: **1.5%**

THE PREVALENCE RATE  
OF AUTISM HAS INCREASED  
AND IS HIGHER FOR MALES  
THAN FOR FEMALES



Source: The Prevalence of Autism (including Asperger Syndrome) in School Age Children in Northern Ireland 2019 (Department of Health)

## SEXUALLY TRANSMITTED INFECTIONS



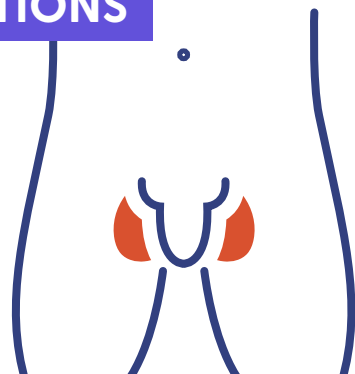
THE NUMBER OF MALES  
DIAGNOSED WITH  
GONORRHOEA HAS INCREASED

Males diagnosed with gonorrhoea

2010: **172**

2019: **755**

Source: STI Surveillance Report in Northern Ireland 2020  
(Public Health Agency)



THE NUMBER OF MALES  
DIAGNOSED WITH HIV  
HAS DECREASED



Males diagnosed with HIV

2010: **68**

2019: **37**

Source: HIV Surveillance in Northern Ireland 2020  
(Public Health Agency)

### CASE STUDY

#### Male Mental Health Research

The Men's Health Forum in Ireland (MHFI) coordinated two major pieces of action research into male mental health and suicide. The first of these targeted young adult men, and the second middle-aged men. Both sought to: establish the evidence base; explore key risk factors; identify models of effective practice; and implement strategies to improve the mental health and wellbeing of at risk and vulnerable groups within these age bands.

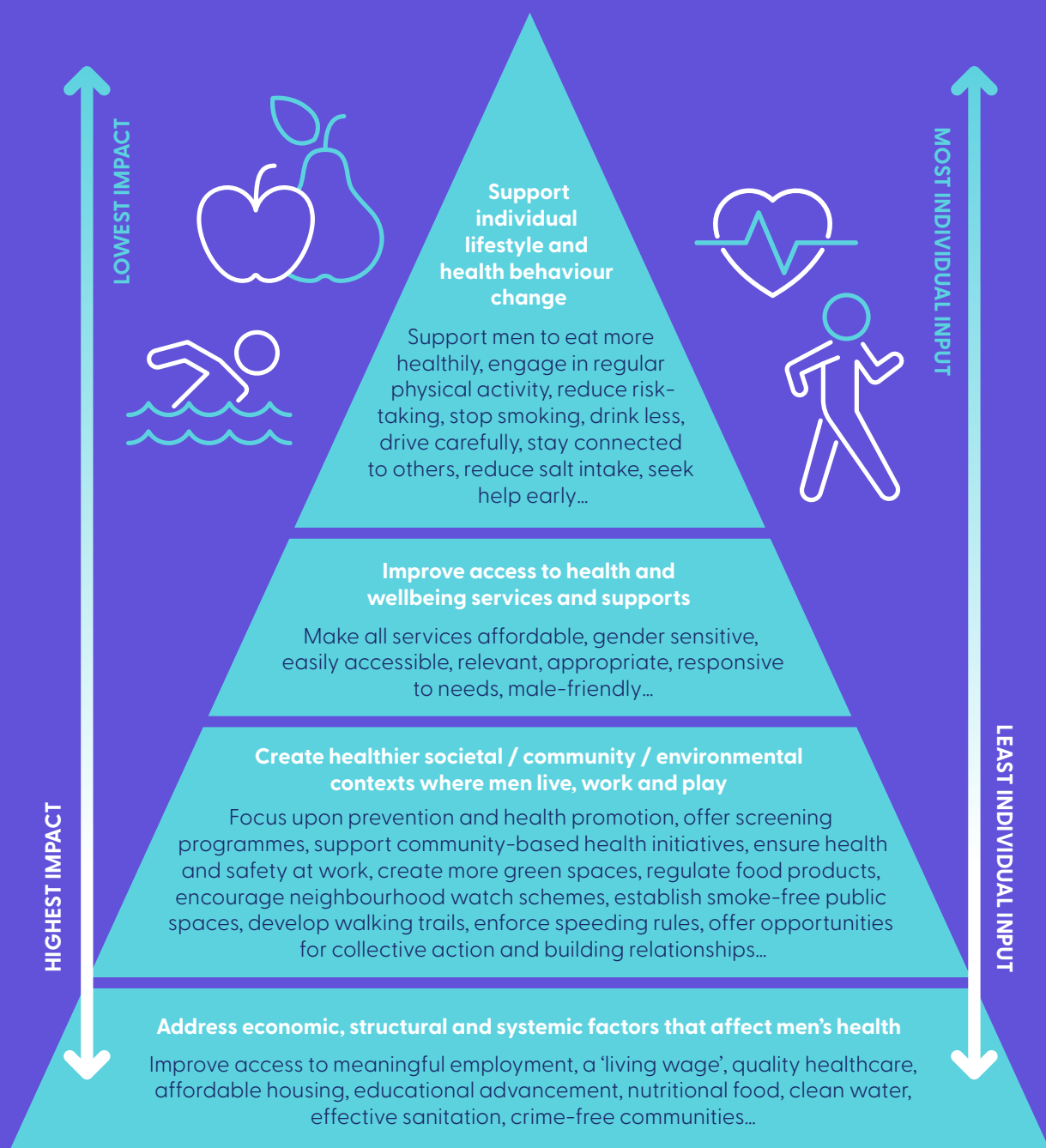
[www.mhfi.org/ymspfullreport.pdf](http://www.mhfi.org/ymspfullreport.pdf)  
[www.mhfi.org/MAMRMreport.pdf](http://www.mhfi.org/MAMRMreport.pdf)

# Health Impact Pyramid

## IMPROVING THE HEALTH OF MEN AND BOYS

Improving the health and wellbeing of men and boys on the island of Ireland and elsewhere requires action at a number of different levels.

The diagram below describes some of the intervention levels and actions that need to be achieved. It draws upon the concept of a 'Health Impact Pyramid' which was proposed by Thomas Frieden [Frieden, T.R. (2010). A Framework for Public Health Action: The Health Impact Pyramid. American Journal of Public Health, 100(4), 590-595]



# Resources

## USEFUL SOURCES OF DATA AND FURTHER INFORMATION

If you would like to find out more about the world of men and boys in Northern Ireland, you can visit:

ARK

<https://www.ark.ac.uk>

Belfast Health and Social Care Trust

<https://belfasttrust.hscni.net>

Department for Communities

<https://www.communities-ni.gov.uk>

Department of Education

<https://www.education-ni.gov.uk>

Department of Health

<https://www.health-ni.gov.uk>

Eurostat

<https://ec.europa.eu/eurostat>

Health Survey Northern Ireland

<https://www.health-ni.gov.uk/topics/doh-statistics-and-research/health-survey-northern-ireland>

Men's Health Forum in Ireland

<https://www.mhfi.org>

Men's Health in Numbers - Trends on the Island of Ireland

<https://mhfi.org/MensHealthInNumbers1.pdf>

Northern Ireland Cancer Registry

<https://www.qub.ac.uk/research-centres/nicr>

Northern Ireland Life and Times Survey

<https://www.ark.ac.uk/nilt>

Northern Ireland Statistics and Research Agency (NISRA)

<https://www.nisra.gov.uk>

Office for National Statistics

<https://www.ons.gov.uk>

Public Health Agency

<https://www.publichealth.hscni.net>

### ▶ CASE STUDY

#### Men's Health Online

While the Internet offers an ideal platform for accessing information about men's health and wellbeing, there is also a real danger of stumbling upon 'fake news'. The Men's Health Forum in Ireland (MHFI) website and social media channels offer a trustworthy portal of up-to-date information, as well as signposting to reliable sources of help and support.

[www.mhfi.org](http://www.mhfi.org)

[www.twitter.com/menshealthirl](https://www.twitter.com/menshealthirl)

[www.facebook.com/MensHealthForumIreland](https://www.facebook.com/MensHealthForumIreland)

[www.youtube.com/c/MensHealthForumIreland](https://www.youtube.com/c/MensHealthForumIreland)





**CITATION**

Devine, P. (2021), Men's Health in Numbers: Northern Ireland Men's Health Report Card 2021. Dublin: Men's Health Forum in Ireland.

This report is available online at: [www.mhfi.org/MensHealthInNumbers3.pdf](http://www.mhfi.org/MensHealthInNumbers3.pdf)

