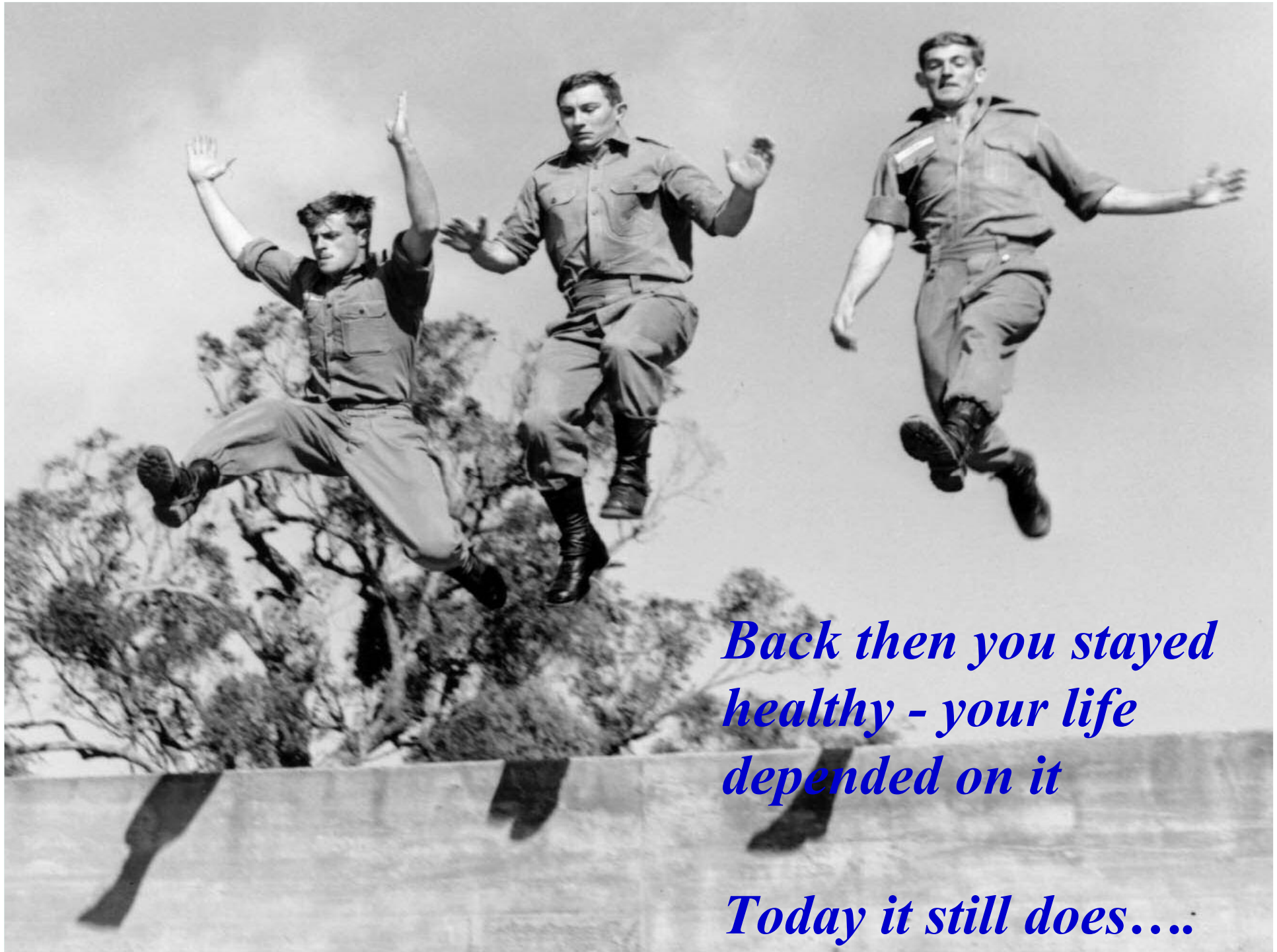


# Men's Health

## Being a Digger and Being a Bloke





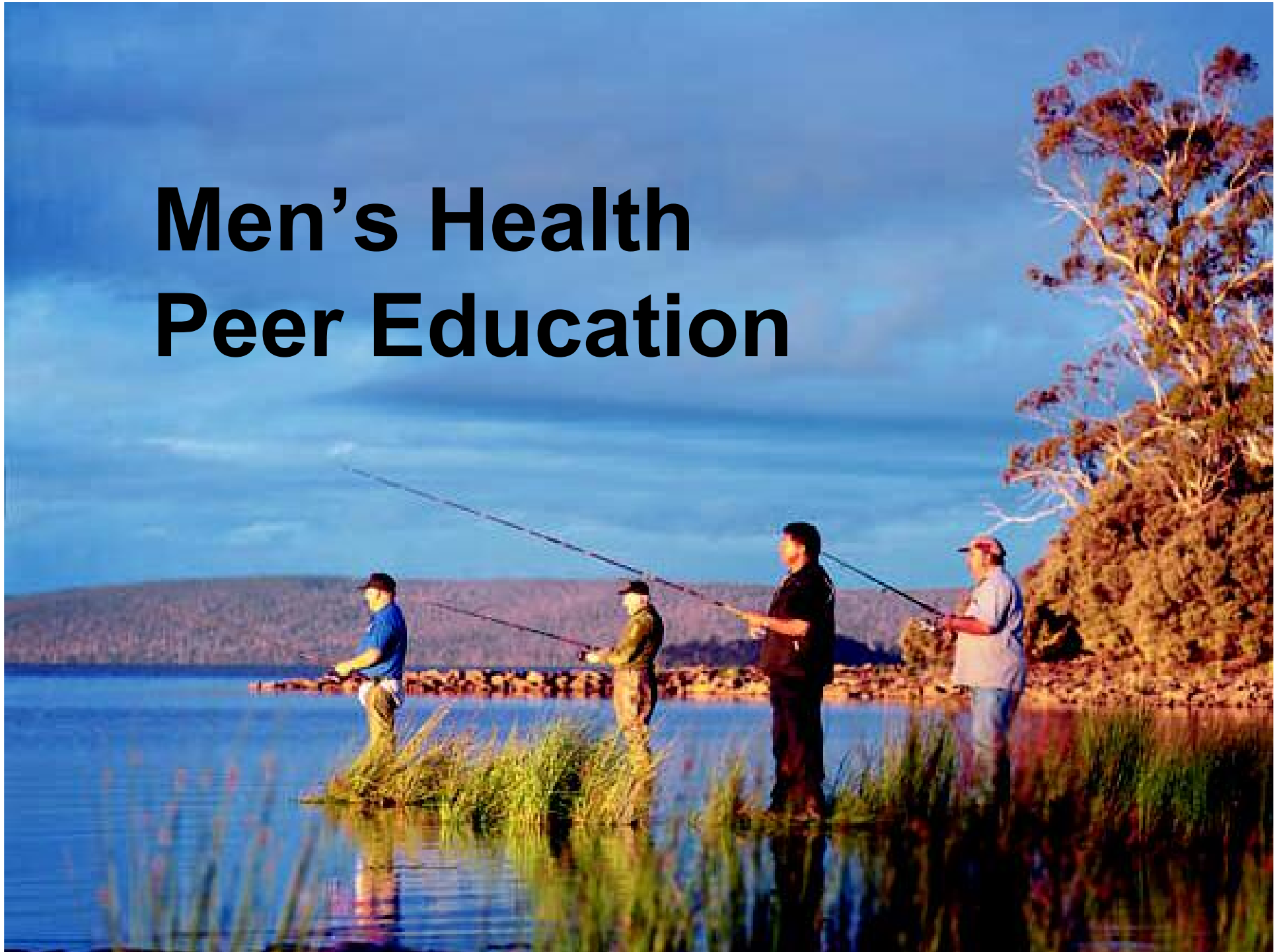
*Back then you stayed  
healthy - your life  
depended on it*

*Today it still does....*

# The Impact of Military Training

- Learn to do a job - switch off emotions and get on with it.
- 'Soldier on' so you don't let the side down.
- Learn to live by the rules.
- Things compound with age.

# Men's Health Peer Education



# Health

- The condition of being healthy is defined as a state of complete physical, mental and social wellbeing and not merely the absence of disease.

World Health Organization

# Men's Health Peer Education Program - **MHPE**

- Funded by the Department of Veterans' Affairs as part of the response to the 1997 Vietnam Veterans' Health Study.
- In recognition that lifestyle issues are a major cause of illness amongst veterans.

# Objective of the program

- Is to encourage veterans to take on the responsibility for managing their own health and wellbeing.

# Outcomes sought

- Raise veteran community interest in men's health issues.
- Establish network of veteran peer education volunteers.
- Address lifestyle issues, particularly those associated with early retirement.
- Provide a forum for debate on the status of men's health from the veteran's perspective.

# Role of the MHPE Volunteer

- Give information on health issues thereby encouraging the veteran community to take on the responsibility for managing their own health and wellbeing.

# Role of the MHPE Volunteer

- Trained to pass on information not medical advice.
- Give presentations on individual health modules to groups or on a one to one basis.

# Role of the MHPE Volunteer

- MHPE Volunteers have a responsibility to:
  - remain objective at all times;
  - operate within the limits of their knowledge; and
  - operate within the guidelines set for them as MHPE Volunteers.

## Role of the MHPE Volunteer cont:-

- **Peer** – a person of the same rank or standing.
- **Educator** – a person who passes on knowledge they have gained.
- **Facilitator** – a person who leads the group.

# What's expected of MHPE Volunteers

- Speak to friends and peers.
- Resource manuals for information.
- Promote and model good health practices.
- Participate in events.
  - Present information on men's health topics.
- Seek out opportunities.

# Code of Conduct

- Volunteers give information **NOT** medical advice.
- Volunteers remain objective.
- Only present information that is in the **Men's Health Peer Education Volunteer Resource Manual.**

## Nominees for MHPE training

- Need to have an interest in men's health.
- Be willing to actively promote health and wellbeing messages.
- Be willing to provide information to help evaluate the MHPE program.
- Be willing to network with other MHPE Volunteers.

# Training of MHPE Volunteers

- Role of the MHPE Volunteer.
- Presentation skills.
- Basic health checks.
- How to use the Manual/Resource Kit.

## How will MHPE Volunteers operate?

- Conduct men's health presentations within their local veteran community.
- Presentations may be on one health issue e.g. diabetes or a combination of two or more.
- Assist with the distribution of the quarterly MHPE magazine.

Always ..... remember  
MHPE Volunteers must

- know their limitations;
- know their role;
- be aware of the group's capacity to absorb any information; and
- never push their own views or values.

# Men's health - the issues

- Physical activity
- Nutrition
- Smoking
- Alcohol
- Stress

# Men's health - the statistics

- Lower life expectancy:

79 yrs compared with 83 yrs for women

# Men's health - the statistics

- Die at a greater rate than women.

# Men's health - the statistics

- Greater level of severe mental illnesses.

# Men's health - the statistics

- Higher rates of common illnesses.

# Men's health - the statistics

- 8 times more likely to commit suicide.

# Men's health - the statistics

- Majority of those injured or killed in accidents.

# Men's health - the statistics

- Greater rate of cancer.

# Men's health - the statistics

- Lower use of preventative services.

# Men's health - the statistics

- Use health services at a much lower rate.

# Men's health - the statistics

- Half of all men with diabetes don't even know they have it.

# DVA training for MHPE Volunteers

- Initial two to three day volunteer training.
- Recall support days, annually.
- Attend health information seminars.
- Networking with other volunteers.
- Quarterly magazine.

# Manual/Resource Kit

- Background information on men's health issues.
- Presenters information on individual health topics e.g. Healthy Eating, Diabetes, Mental Health, Stroke, Cancer etc.

# MHPE program evaluation

- Feedback at any time for whatever reason.
- Ongoing log of MHPE related activity.
- Audience feedback form.
- Inviting organisation feedback form.

# MHPE website

- Can be found at [www.dva.gov.au/health/menshealth/index.htm](http://www.dva.gov.au/health/menshealth/index.htm)
- Volunteer manual and quarterly magazine can be accessed on the website.

## And.....a quick overview of DVA

The Department of Veterans' Affairs provides health care, pensions and compensation services for veterans and their dependants.

DVA also assists with grants, health promotion activities and commemorations.

Knowledge is power and  
the ability to impart this is more powerful

