MEN’S HEALTH PERCEPTIONS FROM AROUND THE GLOBE

A SURVEY OF 16,000 ADULTS
SURVEY METHOD

This report is based on a survey of men and women across the world - 2,000 adults each in 8 countries (Australia, France, Germany, Italy, Poland, Sweden, the United Kingdom and the United States) - examining attitudes towards men’s health. The findings presented are all-country averages for men unless otherwise stated.

The report was commissioned by Sanofi - Consumer Health Care (CHC) in cooperation with Global Action on Men’s Health (GAMH) and its members the Men’s Health Network (MHN, US), Men’s Health Forum (UK), Australian Men’s Health Forum (AMHF) and Men’s Health Education Council (MHEC).

Survey fieldwork was conducted by Opinium Research (Australia and EU countries) and Harris Poll (US) from 31 August to 10 September 2016.

For a digital copy of the report, please visit: www.gamh.org
Men’s health is far worse than it need be. From a global perspective, the gap between male and female life expectancy is actually getting wider: in 1980, men’s lives were, on average, four years shorter than women’s; by 2015, the difference was six years; and, by 2030, the male-female health “gap” is predicted to be seven years. This large difference is not just a problem in low-income countries; in 2015, men died five years sooner than women in the wealthier countries too.

Men also live fewer years in good health. Globally, men can expect a “healthy life expectancy” which is three years below women’s. In the wealthier countries, the healthy life expectancy gap is four years.

The excess health burden facing men has many causes. The risks men take with their health, for example, by smoking, drinking too much alcohol, eating a poor diet and driving dangerously, are compounded in many countries by men’s sub-optimal use of primary care services. The nature of many men’s occupations, which exposes them to a wide range of hazards, is also a significant factor.

Poor health is not inevitable for men, however. It is not genetic in origin, except perhaps to a small degree. We now know enough about how to support men to take better care of themselves and improve the accessibility of health services.

The Global Men’s Health Survey – one of the most comprehensive international surveys of men’s health published to date – will contribute to the momentum for change.

The findings that stand out include:

• The overwhelming majority of men in the countries surveyed want to take charge of their health and four men in every five feel as confident as women when it comes to managing their own health. The idea that men are simply hell-bent on self-destruction, reluctant to think about their health or helpless fools is exposed as a myth.

• Men are generally very positive about the value of over-the-counter medicines (OTC). This bodes well for efforts to improve men’s self-care.

• While the survey finds that men are confident in managing their own health, their actual use of pharmacy services is still at a low level. Pharmacies have huge potential as a resource for men’s health and pharmacy organisations can work together to make them a service many more men will want to use.

• There is significant under-use of digital health services by men. When faced with a health problem, surprisingly few men’s first response would be to go online to look up their symptoms and possible treatments. There is huge potential for improvement through reputable websites, social media and apps, especially delivered via mobile platforms.

• Men remain reluctant to seek help for a range of sexual health problems and are still deterred by embarrassment and a belief that the problem will go away on its own. Improving men’s knowledge, confidence and ability to access services for sexual health issues is of critical importance.

A SYSTEMATIC APPROACH LED BY HEALTH POLICYMAKERS AND PROVIDERS IS NOW REQUIRED AND THE DEVELOPMENT OF NATIONAL MEN’S HEALTH POLICIES WOULD BE A VERY GOOD PLACE TO START.
INTRODUCTION

The survey - Men’s Health: Perceptions from Around the Globe - is one of the largest global surveys ever undertaken to explore men’s perceptions of their state of health. The findings indicate significant opportunities for policymakers and providers around the world who are looking for ways to improve men’s health and well-being and address related health inequalities and burdens.

One of the key ways in which men can take charge of their own health is through self-care. Self-care is what people do for themselves to establish and maintain health, prevent and deal with illness. This is a broad concept and encompasses hygiene, nutrition, and lifestyle. It is the ability of individuals, families and communities to cope with health conditions with or without the support of a healthcare provider. This report provides important insights in men’s perception of their own state of health and how they intend to better manage their health, including many of these elements of self-care.

This report is being published to coincide with International Men’s Day on 19 November 2016. The survey was designed to find out more about men’s perception of healthcare.
KEY FINDINGS

MEN WANT TO TAKE GREATER CONTROL OF THEIR OWN HEALTH AND WELL-BEING. THIS COULD ENABLE THEM TO NARROW THE LIFE EXPECTANCY GENDER GAP WHILE MOST MEN FEEL HEALTHY. PRIOR RESEARCH SHOWS THAT MEN IN DEVELOPED COUNTRIES LIVE ON AVERAGE 6 YEARS LESS THAN WOMEN.¹

THESE SURVEY RESULTS FIND THAT WHILE MEN FEEL CONFIDENT IN MANAGING THEIR HEALTH, THERE IS A DISPARITY BETWEEN THIS BELIEF AND THE WAY THEY TEND TO DO IT.

MEN BELIEVE THAT THEY ARE IN GOOD HEALTH

WHERE DO MEN RATE THEIR HEALTH AS GOOD OR VERY GOOD?

<table>
<thead>
<tr>
<th>Country</th>
<th>USA</th>
<th>Australia</th>
<th>France</th>
<th>Germany</th>
<th>Italy</th>
<th>Poland</th>
<th>Sweden</th>
<th>UK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling healthy</td>
<td>88%</td>
<td>83%</td>
<td>84%</td>
<td>79%</td>
<td>83%</td>
<td>89%</td>
<td>82%</td>
<td>83%</td>
</tr>
</tbody>
</table>

THE SURVEY FINDINGS CONFIRM THAT THERE IS A CONTRADICTION BETWEEN MEN’S PERCEPTIONS OF HOW THEY MANAGE THEIR HEALTH AND THEIR ACTUAL BEHAVIOUR. WHILE THE SURVEY SHOWS THAT MEN ARE CONFIDENT MANAGING THEIR OWN HEALTH, THEY ARE NOT TAKING ADVANTAGE OF SOURCES OF INFORMATION AND ADVICE THAT THEY TRUST. THIS CONTRADICTION COULD WELL BE AT THE ROOT OF THE GENDER HEALTH GAP AND NEEDS TO BE ADDRESSED.

A DESIRE TO TAKE CONTROL

The good news emerging from the survey findings is that a large majority of men want to take charge of their own health, and feel confident in being able to do so. Men have a well-rounded view of what constitutes good health, looking to address issues such as fitness, energy levels, diet, stress, and sexual health.

WHERE TO DO MEN RATE THEIR HEALTH AS GOOD OR VERY GOOD?

<table>
<thead>
<tr>
<th>Country</th>
<th>USA</th>
<th>Australia</th>
<th>France</th>
<th>Germany</th>
<th>Italy</th>
<th>Poland</th>
<th>Sweden</th>
<th>UK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling healthy</td>
<td>88%</td>
<td>83%</td>
<td>84%</td>
<td>79%</td>
<td>83%</td>
<td>89%</td>
<td>82%</td>
<td>83%</td>
</tr>
</tbody>
</table>

THE ENTHUSIASM MEN SHOW FOR TAKING A MORE ACTIVE ROLE IN THEIR HEALTH AND WELL-BEING COULD BE A SIGNIFICANT OPPORTUNITY, PARTICULARLY IF MEN ARE SUPPORTED AND EMPOWERED.

THE DISPARITY BETWEEN BELIEFS AND ACTIONS

WHEREAS 49% OF MEN CITE SEEING THEIR DOCTOR AS THEIR MOST LIKELY RESPONSE WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 76% BELIEVE THAT THERE ARE MEDICAL CONDITIONS FOR WHICH OBTAINING THE APPROPRIATE MEDICATION SHOULD NOT REQUIRE A VISIT TO THE DOCTOR.

WHEREAS 4% OF MEN ARE MOST LIKELY TO TURN TO A PHARMACIST WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 80% OF MEN SAID THAT LESS SERIOUS CONDITIONS CAN BE DEALT WITH BY A PHARMACIST RATHER THAN BY A DOCTOR.²

WHEREAS 17% OF MEN SAY THEY’RE MOST LIKELY TO LOOK UP SYMPTOMS AND POSSIBLE TREATMENTS ONLINE WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 55% OF MEN AGREE THERE IS PLENTY OF INFORMATION ONLINE TO HELP THEM CHOOSE THE RIGHT MEDICATION.

IT’S CLEAR FROM THE DATA THAT WHILE MEN ARE INTERESTED IN OVER-THE-COUNTER (OTC) MEDICATION, TRUST THEIR PHARMACISTS, AND AGREE THAT THERE IS PLENTY OF HEALTH INFORMATION ONLINE, THERE IS ROOM FOR MUCH GREATER USE OF THESE RESOURCES.

¹ 59% OF MEN FEEL COMFORTABLE USING OTC FOR HEADACHES OR MIGRAINE, 43% FOR ALLERGIES, AND 37% FOR NAUSEA.

² 59% OF MEN FEEL COMFORTABLE USING OTC FOR HEADACHES OR MIGRAINE, 43% FOR ALLERGIES, AND 37% FOR NAUSEA.
Men’s desire to take control suggests that self-care can play a more significant role in men’s health. In fact, the survey shows that men are more confident managing their health (85%) than they are managing their level of work stress (65%) or career decisions (67%).

Self-care is what people do for themselves to establish and maintain health, prevent and deal with illness. This is a broad concept and encompasses hygiene, nutrition, lifestyle, environmental factors, and socio-economic factors. It is the ability of individuals, families and communities to cope with health conditions with or without the support of a healthcare provider.

When men feel unwell or discover a non-life threatening medical problem, where do they turn?

<table>
<thead>
<tr>
<th>Reason for Seeking Medical Advice</th>
<th>Australia</th>
<th>France</th>
<th>Germany</th>
<th>Italy</th>
<th>Poland</th>
<th>Sweden</th>
<th>UK</th>
<th>US</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>When feeling ill or have an injury</td>
<td>66%</td>
<td>67%</td>
<td>51%</td>
<td>41%</td>
<td>56%</td>
<td></td>
<td></td>
<td></td>
<td>54%</td>
</tr>
<tr>
<td>When needing a regular check-up / get invited in for a health check or screening</td>
<td>47%</td>
<td>54%</td>
<td>42%</td>
<td>35%</td>
<td>57%</td>
<td></td>
<td></td>
<td></td>
<td>49%</td>
</tr>
<tr>
<td>When they need antibiotics or prescription medication</td>
<td>44%</td>
<td>46%</td>
<td>47%</td>
<td>44%</td>
<td>51%</td>
<td></td>
<td></td>
<td></td>
<td>48%</td>
</tr>
<tr>
<td>When they have a question relating to their health</td>
<td>35%</td>
<td>44%</td>
<td>39%</td>
<td>31%</td>
<td>47%</td>
<td></td>
<td></td>
<td></td>
<td>39%</td>
</tr>
<tr>
<td>When their doctor tells them to come in</td>
<td>27%</td>
<td>38%</td>
<td>37%</td>
<td>33%</td>
<td>46%</td>
<td></td>
<td></td>
<td></td>
<td>35%</td>
</tr>
<tr>
<td>When their children are ill</td>
<td>18%</td>
<td>27%</td>
<td>29%</td>
<td>22%</td>
<td>36%</td>
<td></td>
<td></td>
<td></td>
<td>26%</td>
</tr>
<tr>
<td>They do not go to their doctor at all</td>
<td>4%</td>
<td>7%</td>
<td>9%</td>
<td>6%</td>
<td>3%</td>
<td></td>
<td></td>
<td></td>
<td>6%</td>
</tr>
</tbody>
</table>

The level of trust in over-the-counter medications, compared to medicines prescribed by a doctor, varies by age and country.
FOR MEN THAT CITED AN INCREASED USE OF OVER THE COUNTER MEDICATION, WHAT WERE THE CAUSES?

- **32%** Poor health: they have had more ailments to treat
- **29%** They trust my pharmacist to make over-the-counter recommendations to treat their ailment/s
- **26%** Seeing a pharmacist is more convenient than seeing a doctor
- **19%** They find that over-the-counter treatments cost less than prescription medication
- **18%** Difficulty of getting a doctor appointment; they try over-the-counter medication as a first line treatment
- **18%** The cost of seeing a doctor; they try over-the-counter as a first line treatment
- **13%** Other reason

WHERE DO MEN FEEL THAT HEALTH SERVICES ARE NOT CURRENTLY MEETING THEIR NEEDS FOR SENSITIVE HEALTH ISSUES LIKE SEXUAL HEALTH?

- **13%** Other reason

EDUCATING AND EMPOWERING MEN TO TAKE CONTROL OF THEIR HEALTH HAS ENORMOUS POTENTIAL TO PREVENT ILLNESS AND IMPROVE HEALTH AND WELLBEING. HEALTH PROBLEMS LINKED TO MEN’S LACK OF HEALTH LITERACY AND LOWER ACCESS TO PRIMARY CARE SERVICES COULD BE PREVENTED BY INCREASING MEN’S UNDERSTANDING OF THE RANGE OF FACTORS THAT IMPACT THEIR HEALTH AND THEIR ABILITY TO COPE WITH HEALTH CONDITIONS WITH OR WITHOUT THE SUPPORT OF A HEALTHCARE PROVIDER.

THE TABLE BELOW PROVIDES AN OVERVIEW OF DIFFERENT SEXUAL HEALTH CONDITIONS FOR WHICH MEN CITED “DO NOTHING” AS THEIR RESPONSE WHEN THE CONDITION ARISES:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Australia</th>
<th>France</th>
<th>Germany</th>
<th>Italy</th>
<th>Poland</th>
<th>Sweden</th>
<th>UK</th>
<th>US</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexually transmitted diseases</td>
<td>2%</td>
<td>7%</td>
<td>5%</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Irritation or infection</td>
<td>4%</td>
<td>15%</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>9%</td>
<td>4%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Erectile dysfunction</td>
<td>33%</td>
<td>43%</td>
<td>41%</td>
<td>30%</td>
<td>33%</td>
<td>43%</td>
<td>30%</td>
<td>47%</td>
<td>38%</td>
</tr>
<tr>
<td>Loss of libido</td>
<td>38%</td>
<td>60%</td>
<td>44%</td>
<td>41%</td>
<td>34%</td>
<td>53%</td>
<td>54%</td>
<td>41%</td>
<td>46%</td>
</tr>
<tr>
<td>Pain during sex/painful sex</td>
<td>19%</td>
<td>44%</td>
<td>30%</td>
<td>38%</td>
<td>30%</td>
<td>42%</td>
<td>35%</td>
<td>14%</td>
<td>32%</td>
</tr>
</tbody>
</table>

While a huge majority of men take action when facing problems like sexually transmitted diseases (98%) or irritation and infections (93%), significantly fewer men take action when it comes to conditions like loss of libido (54%), erectile dysfunction (62%), or pain during sex (68%).

WHERE DO MEN FEEL THAT HEALTH SERVICES ARE NOT CURRENTLY MEETING THEIR NEEDS FOR SENSITIVE HEALTH ISSUES LIKE SEXUAL HEALTH?

- **13%** Other reason

32% OF MEN CONSIDER SEXUAL HEALTH TO BE ONE OF THE MOST IMPORTANT PARTS OF THEIR OVERALL HEALTH AND WELL-BEING.

32% OF MEN ARE DISSATISFIED WITH THE SERVICES AND ACCESS AVAILABLE FOR SENSITIVE TOPICS LIKE SEXUAL HEALTH IN THEIR CURRENT HEALTH SYSTEMS.

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

**Men, more than women, want to cut bad habits and improve sexual performance.**

**Women, more than men, want to improve their fitness, diet and stress.**

**This survey shows there is a significant opportunity to capitalise on men’s enthusiasm to take greater control of their health and well-being.**

Men want to do more and so should be empowered to do so. The role that self-care can play in enabling men to take greater control and improving their health should be further explored. Self-care could allow men to treat diseases, injuries and health conditions, while also giving them the opportunity to prevent future health problems, reduce ailments and increase quality of life. Through greater health literacy and better understanding of the benefit of lifestyle modification men can be empowered to take better control of their health.
More than 2,000 adults took part in the survey. Results are weighted to be nationally representative of age and gender.

**AUSTRALIAN MEN BELIEVE THAT THEY ARE IN GOOD HEALTH**

| Feeling healthy | 100% | 85% |

MEN AGED 18-34 (81%) ARE THE MOST LIKELY TO BE SATISFIED WITH THEIR STATE OF HEALTH, WHILE MEN AGED 55-64 ARE THE LEAST SATISFIED (75%).

**A DESIRE TO TAKE CONTROL**

86% of Australian men want to take charge of their health

89% of Australian men are confident managing their own health

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**AUSTRALIAN MEN ARE WELL ABOVE THE AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:**

<table>
<thead>
<tr>
<th>Australia</th>
<th>Average</th>
<th>fitness</th>
<th>energy</th>
<th>diet</th>
<th>stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>88%</td>
<td>83%</td>
<td>82%</td>
<td>81%</td>
<td>78%</td>
<td>71%</td>
</tr>
</tbody>
</table>

**WHEN IT COMES TO MONITORING THEIR HEALTH:**

88% of Australian men are confident in identifying problems when they arise

AND 92% believe they know which healthcare professional they should turn to when something is wrong.

**AUSTRALIAN MEN 65 YEARS + = MOST CONFIDENT in managing their health and in identifying health problems.**

**THE DISPARITY BETWEEN BELIEFS AND ACTIONS**

Whereas 62% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 76% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 3% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 82% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.

Whereas 14% of men say they’re most likely to look up treatments and possible symptoms online when feeling unwell or discovering a non-life threatening medical problem, 56% of men agree there is plentiful information online to help them choose the right medication.

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*67% of Australian men feel comfortable using OTC for headaches or migraines, 59% for allergies, and 42% for nausea.*
THE OPPORTUNITY FOR SELF-CARE

AUSTRALIAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (89%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (68%) OR CAREER DECISIONS (69%).

When men in Australia feel unwell or discover a non-life threatening medical problem, they are likely to:

62% See a doctor
14% Look up symptoms and treatments online
5% Ask a friend or family member for advice

Australian men’s likely response when they feel unwell or discover a non-life threatening medical problem varies by age:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>See a Doctor</th>
<th>Look up Symptoms Online</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-34</td>
<td>42%</td>
<td>21%</td>
</tr>
<tr>
<td>35-54</td>
<td>54%</td>
<td>18%</td>
</tr>
<tr>
<td>55-64</td>
<td>72%</td>
<td>9%</td>
</tr>
<tr>
<td>+65</td>
<td>83%</td>
<td>6%</td>
</tr>
</tbody>
</table>

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

30% of Australian men consider sexual health to be one of the most important parts of their overall health and well-being.

While a huge majority of Australian men take action when facing problems like sexually transmitted diseases (98%) or irritation and infections (96%), far fewer men take action when it comes to conditions like loss of libido (62%), erectile dysfunction (67%), or pain during sex (81%).

But both men (72%) and women (60%) believe that having a healthy sexual relationship is critical to their happiness.

77% of Australian men believe that over-the-counter medication works well and 84% of Australian men feel that the products currently available address their overall health needs.
More than 2,000 adults took part in the survey. Results are weighted to be nationally representative of age and gender.

Public Perception in
FRANCE

Key Findings

Men believe that they are in good health

Feeling healthy

85%

A desire to take control

As in the other countries surveyed, French men overwhelmingly want to take charge of their own health.

6/7

6 in 7 French men both want to take charge of their health

When it comes to monitoring their health:

81% of French men are confident in identifying problems when they arise

AND 88% believe they know which healthcare professional they should turn to when something is wrong.

French Men 65 years + = Most confident

in managing their health and in identifying health problems.

French Men are well below the survey average in wanting to improve key areas of their health:

<table>
<thead>
<tr>
<th></th>
<th>fitness</th>
<th>energy</th>
<th>diet</th>
<th>stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>75%</td>
<td>71%</td>
<td>59%</td>
<td>58%</td>
</tr>
<tr>
<td>Average</td>
<td>83%</td>
<td>78%</td>
<td>73%</td>
<td>65%</td>
</tr>
</tbody>
</table>

The disparity between beliefs and actions

As for other countries surveyed, the survey shows that while French men are confident and trust healthcare providers, they are not taking advantage of sources of information and advice that they trust.

Whereas 53% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem,

60% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 6% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem,

78% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.”

Whereas 14% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem,

38% of men agree there is plentiful information online to help them choose the right medication.

At only 38%, French men are well below the average of 54% in agreeing that there is plentiful information online to help them choose the right treatments. This disparity could in part be due to the attitudes of young men in France towards online medical information, where only 53% of French men in the 18-34 year old category agree with the statement, as compared with the 79% of 18-34 year old men in the UK who believe that there is plentiful information online.

* 57% of French men feel comfortable using OTC for headaches or migraines, 37% for allergies, and 37% for nausea.
THE OPPORTUNITY FOR SELF-CARE

FRENCH MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (87%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (59%) OR CAREER DECISIONS (63%).

When men feel unwell or discover a non-life threatening medical problem, they are likely to turn to a variety of places for support:

- 53% See a doctor
- 14% Look up symptoms and treatments online
- 5% Ask a friend or family member for advice

MEN IN FRANCE TRUST IMPORTANT ELEMENTS OF SELF-CARE, HAVING HIGH LEVELS OF TRUST IN PHARMACIES AND PHARMACISTS COMPARED TO OTHER COUNTRIES IN THE EU.

- 81% of French men feel satisfied that currently available health products address their health needs.
- 62% of French men feel that buying OTC medication means they can treat themselves for conditions they've had previously or for a long period of time.

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

- 29% OF FRENCH MEN CONSIDER SEXUAL HEALTH TO BE ONE OF THE MOST IMPORTANT PARTS OF THEIR OVERALL HEALTH AND WELL-BEING.
- 33% OF FRENCH MEN ARE DISSATISFIED WITH THE SERVICES AND ACCESS AVAILABLE FOR SENSITIVE TOPICS LIKE SEXUAL HEALTH IN THEIR CURRENT HEALTH SYSTEMS.

WHILE A HUGE MAJORITY OF FRENCH MEN TAKE ACTION WHEN FACING PROBLEMS like sexually transmitted diseases (93%) or irritation and infections (85%), far fewer men take action when it comes to conditions like loss of libido (40%), erectile dysfunction (57%), or pain during sex (56%).

BUT

Both men (82%) and women (70%) believe that having a healthy sexual relationship is critical to their happiness.
Public Perception in Germany

**KEY FINDINGS**

More than 2,000 adults took part in the survey. Results are weighted to be nationally representative of age and gender.

**GERMAN MEN BELIEVE THAT THEY ARE IN GOOD HEALTH**

94% of younger German men (aged 18 to 34) believe that they are in good health.

**A DESIRE TO TAKE CONTROL**

84% of German men want to take charge of their health and 82% are confident in managing their own health.

Young men aged 18 to 34 in Germany are the most confident in managing their health (87%), men over age 55 are the least confident (76%).

**THE DISPARITY BETWEEN BELIEFS AND ACTIONS**

Whereas 63% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 80% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 2% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 59% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor. *50% of German men feel comfortable using OTC for headaches or migraines, 23% for allergies, and 37% for nausea.*

Whereas 15% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem, 43% of men agree there is plentiful information online to help them choose the right medication.

**GERMAN MEN ARE WELL BELOW THE SURVEY AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:**

<table>
<thead>
<tr>
<th></th>
<th>Fitness</th>
<th>Energy</th>
<th>Diet</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>75%</td>
<td>67%</td>
<td>64%</td>
<td>54%</td>
</tr>
<tr>
<td>Average</td>
<td>83%</td>
<td>78%</td>
<td>73%</td>
<td>65%</td>
</tr>
</tbody>
</table>

**OF GERMAN MEN (74%) RANKED GETTING ENOUGH SLEEP AS THE MOST IMPORTANT ELEMENT OF THEIR OVERALL HEALTH AND WELLNESS, THE HIGHEST LEVEL IN EUROPE.**

**MEN IN GERMANY (54%) ARE LESS INTERESTED IN REDUCING STRESS THAN IN OTHER COUNTRIES, SUCH AS ITALY (76%) AND POLAND (72%).**

**79% of German men are confident about identifying health problems when they arise AND 88% of German men believe they know which healthcare professional they should turn to when something is wrong.**
THE OPPORTUNITY FOR SELF-CARE

GERMAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (82%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (66%) OR CAREER DECISIONS (67%).

When men in Germany feel unwell or discover a non-life threatening medical problem, they are likely to:

- See a doctor: 63%
- Look up symptoms online: 15%
- Ask a friend or family member for advice: 5%

GERMAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (82%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (66%) OR CAREER DECISIONS (67%).

German men’s likely response when they feel unwell or discover a non-life threatening medical problem varies by age:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>See a doctor</th>
<th>Look up symptoms online</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-34</td>
<td>43%</td>
<td>26%</td>
</tr>
<tr>
<td>35-54</td>
<td>62%</td>
<td>15%</td>
</tr>
<tr>
<td>55-64</td>
<td>68%</td>
<td>13%</td>
</tr>
<tr>
<td>+65</td>
<td>75%</td>
<td>9%</td>
</tr>
</tbody>
</table>

54% of German men trust over-the-counter medications as much as those prescribed by a doctor.

82% of German men feel that the products currently available address their overall health needs.

63% of German men said that buying over-the-counter medication saved them time, as they did not have to make a doctor’s appointment.

61% of German men found over-the-counter medication much more convenient than having to see a doctor.

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

34% of German men consider sexual health to be one of the most important parts of their overall health and well-being.

28% of German men are dissatisfied with the services and access available for sensitive topics like sexual health in their current health systems.

While a huge majority of German men take action when facing problems like sexually transmitted diseases (95%) or irritation and infections (94%), far fewer men take action when it comes to conditions like loss of libido (56%), erectile dysfunction (59%), or pain during sex (70%).

BUT

Both men (74%) and women (61%) believe that having a healthy sexual relationship is critical to their happiness.

63% of German men feel that the products currently available address their overall health needs.
Public Perception in Italy

More than 2,000 Italian adults took part in the survey. Results are weighted to be nationally representative of age and gender.

**KEY FINDINGS**

**ITALIAN MEN BELIEVE THAT THEY ARE IN GOOD HEALTH**

| Feeling healthy | 83% |

**A DESIRE TO TAKE CONTROL**

While all age groups feel healthy, there is a marked difference between over 40s and under 40s. 10% of men under 40 say they are in poor health versus 20% of those over 40.

94% of men in Italy want to take charge of their own health.

78% of Italian men are confident in identifying problems when they arise and 83% believe they know which healthcare professional they should turn to when something is wrong.

**ITALIAN MEN ARE ABOVE THE AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:**

<table>
<thead>
<tr>
<th>fitness</th>
<th>energy</th>
<th>diet</th>
<th>stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>89%</td>
<td>84%</td>
<td>77%</td>
</tr>
<tr>
<td>Average</td>
<td>83%</td>
<td>78%</td>
<td>73%</td>
</tr>
</tbody>
</table>

**THE DISPARITY BETWEEN BELIEFS AND ACTIONS**

As for other countries surveyed, the survey shows that while Italian men are confident and trust healthcare providers, they are not taking advantage of sources of information and advice that they trust.

Whereas 52% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 69% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 3% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 70% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.

Whereas 14% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem, 45% of men agree there is plentiful information online to help them choose the right medication.

*55% of Italian men feel comfortable using OTC for headaches or migraines, 26% for allergies, and 37% for nausea.*
THE OPPORTUNITY FOR SELF-CARE

ITALIAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (82%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (67%) OR CAREER DECISIONS (75%).

When men in Italy feel unwell or discover a non-life threatening medical problem, they are likely to:

52% See a doctor
14% Look up symptoms and treatments online
4% Ask a friend or family member for advice

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

65% of Italian men agree that using over-the-counter medication can save them time when compared with visiting a doctor.

64% of Italian men believe over-the-counter medication leaves more time for doctors to deal with more serious conditions.

ITALIAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (82%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (67%) OR CAREER DECISIONS (75%).

ITALIAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (82%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (67%) OR CAREER DECISIONS (75%).

WHILE A HUGE MAJORITY OF ITALIAN MEN TAKE ACTION WHEN FACING PROBLEMS like sexually transmitted diseases (100%) or irritation and infections (95%), far fewer men take action when it comes to conditions like loss of libido (59%), erectile dysfunction (70%), or pain during sex (62%).

BUT

Both men (88%) and women (77%) believe that having a healthy sexual relationship is critical to their happiness, the highest in the survey for both men and women.

OF ITALIAN MEN CONSIDER SEXUAL HEALTH TO BE ONE OF THE MOST IMPORTANT PARTS OF THEIR OVERALL HEALTH AND WELL-BEING.

OF ITALIAN MEN ARE DISSATISFIED WITH THE SERVICES AND ACCESS AVAILABLE FOR SENSITIVE TOPICS LIKE SEXUAL HEALTH IN THEIR CURRENT HEALTH SYSTEMS.
More than 2,000 Polish adults took part in the survey. Results are weighted to be nationally representative of age and gender.

**Key Findings**

**Polish Men Believe That They Are in Good Health**

- 79% of Polish men are feeling healthy.

**A Desire to Take Control**

- 84% of Polish men want to take charge of their health.
- 78% of Polish men are confident managing their own health.
- 79% of Polish men are confident in identifying problems when they arise.
- 71% believe they know which healthcare professional they should turn to when something is wrong.

**Polish Men 65 Years + = Most Confident**

- Most confident in managing their health and in identifying health problems.

**The Disparity Between Beliefs and Actions**

Polish men are above the survey average in wanting to improve key areas of their health:

<table>
<thead>
<tr>
<th>Area</th>
<th>Poland</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness</td>
<td>83%</td>
<td>83%</td>
</tr>
<tr>
<td>Energy</td>
<td>82%</td>
<td>78%</td>
</tr>
<tr>
<td>Diet</td>
<td>74%</td>
<td>73%</td>
</tr>
<tr>
<td>Stress</td>
<td>72%</td>
<td>65%</td>
</tr>
</tbody>
</table>

As for other countries surveyed, the survey shows that while Polish men are confident and trust healthcare providers, they are not taking advantage of sources of information and advice that they trust.

Whereas 63% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 84% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 2% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 57% of men agree there is plentiful information online to help them choose the right medication.

Whereas 14% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem, 71% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.

8% of Polish men feel comfortable using OTC for headaches or migraines, 34% for allergies, and 27% for nausea.
THE OPPORTUNITY FOR SELF-CARE

POLISH MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (79%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (60%) OR CAREER DECISIONS (61%).

When men in Poland feel unwell or discover a non-life threatening medical problem, they are likely to:

- See a doctor: 63%
- Look up symptoms and treatments online: 14%
- Ask a friend or family member for advice: 5%

Men in Poland trust important elements of self-care:

- 66% of Polish men feel satisfied that currently available health products address their health needs.
- 7/10 Polish men believe that using over-the-counter medication means less serious conditions can be dealt with at a pharmacy rather than a doctor’s office.

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

- 36% of Polish men consider sexual health to be one of the most important parts of their overall health and well-being.
- 56% of Polish men are dissatisfied with the services and access available for sensitive topics like sexual health in their current health systems.

WHILE A HUGE MAJORITY OF POLISH MEN TAKE ACTION WHEN FACING PROBLEMS like sexually transmitted diseases (99%) or irritation and infections (96%), far fewer men take action when it comes to conditions like loss of libido (66%), erectile dysfunction (67%), or pain during sex (70%).

BUT

Both men (79%) and women (74%) believe that having a healthy sexual relationship is critical to their happiness.

Poland
SWEDEN

More than 2,000 Swedish adults took part in the survey. Results are weighted to be nationally representative of age and gender.

KEY FINDINGS

SWEDISH MEN BELIEVE THAT THEY ARE IN GOOD HEALTH

| Feeling healthy | 84% |

A DESIRE TO TAKE CONTROL

86% of Swedish men want to take charge of their health AND 86% of Swedish men are confident in managing their own health.

85% of Swedish men are confident in identifying problems when they arise AND 80% believe they know which healthcare professional they should turn to when something is wrong.

SWEDISH MEN 65 YEARS + = MOST CONFIDENT in managing their health and in identifying health problems.

SWEDISH MEN ARE SLIGHTLY BELOW THE SURVEY AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:

<table>
<thead>
<tr>
<th></th>
<th>fitness</th>
<th>energy</th>
<th>diet</th>
<th>stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweden</td>
<td>83%</td>
<td>73%</td>
<td>69%</td>
<td>52%</td>
</tr>
<tr>
<td>Average</td>
<td>86%</td>
<td>78%</td>
<td>73%</td>
<td>65%</td>
</tr>
</tbody>
</table>

THE DISPARITY BETWEEN BELIEFS AND ACTIONS

AS FOR OTHER COUNTRIES SURVEYED, THE SURVEY SHOWS THAT WHILE SWEDISH MEN ARE CONFIDENT AND TRUST HEALTHCARE PROVIDERS, THEY ARE NOT TAKING ADVANTAGE OF SOURCES OF INFORMATION AND ADVICE THAT THEY TRUST.

Whereas 32% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 75% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor.

Whereas 2% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 80% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.

Whereas 18% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem, 62% of men agree there is plentiful information online to help them choose the right medication.

64% of Swedish men feel comfortable using OTC for headaches or migraines, 49% for allergies, and 47% for nausea.

* *
THE OPPORTUNITY FOR SELF-CARE

SWEDISH MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (86%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (70%) OR CAREER DECISIONS (66%).

When men in Sweden feel unwell or discover a non-life threatening medical problem, they are likely to:

- See a doctor (32%)
- Look up symptoms and treatments online (18%)
- Ask a friend or family member for advice (7%)

While a huge majority of Swedish men take action when facing problems like sexually transmitted diseases (99%) or irritation and infections (91%), far fewer men take action when it comes to conditions like loss of libido (47%), erectile dysfunction (57%), or pain during sex (58%).

But both men (83%) and women (74%) believe that having a healthy sexual relationship is critical to their happiness.

Men in Sweden trust important elements of self-care.

- 79% of Swedish men feel satisfied that currently available health products address their health needs.
- 3/4 Swedish men believe that using over-the-counter medication means less serious conditions can be dealt with at a pharmacy rather than a doctor’s office.

BAD HABITS AND SEXUAL WELL-BEING ARE IMPORTANT AREAS FOR IMPROVEMENT

- 39% of Swedish men consider sexual health to be one of the most important parts of their overall health and well-being.
- 29% of Swedish men are dissatisfied with the services and access available for sensitive topics like sexual health in their current health systems.
UNITED KINGDOM

Public Perception in

KEY FINDINGS

More than 2,000 British adults took part in the survey. Results are weighted to be nationally representative of age and gender.

BRITISH MEN BELIEVE THAT THEY ARE IN GOOD HEALTH

Feeling healthy

82%

A DESIRE TO TAKE CONTROL

6 in 7 British men:
- want to take charge of their health
- are confident in managing their own health

83% of British men are confident in identifying problems when they arise AND 89% believe they know which healthcare professional they should turn to when something is wrong.

THE DISPARITY BETWEEN BELIEFS AND ACTIONS

AS FOR OTHER COUNTRIES SURVEYED, THE SURVEY SHOWS THAT WHILE BRITISH MEN ARE CONFIDENT AND TRUST HEALTHCARE PROVIDERS, THEY ARE NOT TAKING ADVANTAGE OF SOURCES OF INFORMATION AND ADVICE THAT THEY TRUST.

BRITISH MEN ARE NEAR THE SURVEY AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:

<table>
<thead>
<tr>
<th>Area</th>
<th>UK</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness</td>
<td>86%</td>
<td>83%</td>
</tr>
<tr>
<td>Energy</td>
<td>84%</td>
<td>78%</td>
</tr>
<tr>
<td>Diet</td>
<td>73%</td>
<td>73%</td>
</tr>
<tr>
<td>Stress</td>
<td>63%</td>
<td>65%</td>
</tr>
</tbody>
</table>

Whereas 39% of men cite seeing their doctor as their most likely response when feeling unwell or discovering a non-life threatening medical problem, 84% believe that there are medical conditions for which obtaining the appropriate medication should not require a visit to the doctor. Whereas 6% of men are most likely to turn to a pharmacist when feeling unwell or discovering a non-life threatening medical problem, 87% of men said that less serious conditions can be dealt with by a pharmacist rather than by a doctor.

Whereas 26% of men say they’re most likely to look up symptoms and possible treatments online when feeling unwell or discovering a non-life threatening medical problem, 65% of men agree there is plentiful information online to help them choose the right medication.

THE HIGHEST IN EUROPE

68% of British men feel comfortable using OTC for headaches or migraines, 65% for allergies, and 42% for nausea.

6/7 in British men:
- want to take charge of their health
- are confident in managing their own health

* 68% of British men feel comfortable using OTC for headaches or migraines, 65% for allergies, and 42% for nausea.
THE OPPORTUNITY FOR SELF-CARE

When men in the United Kingdom feel unwell or discover a non-life threatening medical problem, they are likely to:

- **39%** See a doctor
- **26%** Look up symptoms and treatments online
- **6%** Ask a friend or family member for advice

### Men in the United Kingdom trust important elements of self-care.

- **83%** feel satisfied that currently available health products address their health needs
- **80%** are confident that over-the-counter medication works well
- **87%** believe that using over-the-counter medication means less serious conditions can be dealt with at a pharmacy rather than a doctor’s office

### Bad Habits and Sexual Well-being are Important Areas for Improvement

- **22%** of British men consider sexual health to be one of the most important parts of their overall health and well-being.
- **23%** of British men are dissatisfied with the services and access available for sensitive topics like sexual health in their current health systems.

### While a huge majority of British men take action when facing problems like sexually transmitted diseases (99%) or irritation and infections (96%), far fewer men take action when it comes to conditions like loss of libido (46%), erectile dysfunction (70%), or pain during sex (65%).

### But

Most men (67%) and women (53%) believe that having a healthy sexual relationship is critical to their happiness, the lowest percentage of all countries surveyed.
Public Perception in
UNITED STATES

KEY FINDINGS

More than 2,000 American adults took part in the survey that was conducted online by Harris Poll. Results are weighted to be nationally representative of age, gender, race/ethnicity, region, education and income.

AMERICAN MEN BELIEVE THAT THEY ARE IN GOOD HEALTH

% Feeling healthy

88%

A DESIRE TO TAKE CONTROL

90% of American men want to take charge of their health. 89% of American men are confident in managing their own health.

87% of American men are confident in identifying problems when they arise AND 86% are confident they know which healthcare professional they should turn to when something is wrong.

AMERICAN MEN 65 YEARS + = MOST CONFIDENT

In the United States, men ages 65+ are the most confident in managing their health (97%) and in identifying health problems (95%), compared to those 18-34 YEARS who are the least confident (84% and 83%, respectively).

AMERICAN MEN ARE ABOVE THE SURVEY AVERAGE IN WANTING TO IMPROVE KEY AREAS OF THEIR HEALTH:

<table>
<thead>
<tr>
<th></th>
<th>fitness</th>
<th>energy</th>
<th>diet</th>
<th>stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>US</td>
<td>85%</td>
<td>83%</td>
<td>84%</td>
<td>76%</td>
</tr>
<tr>
<td>Average</td>
<td>83%</td>
<td>78%</td>
<td>73%</td>
<td>65%</td>
</tr>
</tbody>
</table>

THE DISPARITY BETWEEN BELIEFS AND ACTIONS

While American men are confident about managing their own health, they are not taking advantage of sources of information and advice that they trust. This finding was consistent across all of the countries involved in this survey.

WHILE AMERICAN MEN ARE CONFIDENT ABOUT MANAGING THEIR OWN HEALTH, THEY ARE NOT TAKING ADVANTAGE OF SOURCES OF INFORMATION AND ADVICE THAT THEY TRUST. THIS FINDING WAS CONSISTENT ACROSS ALL OF THE COUNTRIES INVOLVED IN THIS SURVEY.

WHEREAS 27% OF MEN CITE SEEING THEIR DOCTOR AS THEIR MOST LIKELY RESPONSE WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 82% BELIEVE THAT THERE ARE MEDICAL CONDITIONS FOR WHICH OBTAINING THE APPROPRIATE MEDICATION SHOULD NOT REQUIRE A VISIT TO THE DOCTOR.

WHEREAS 5% OF MEN ARE MOST LIKELY TO TURN TO A PHARMACIST WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 83% OF MEN SAID THAT LESS SERIOUS CONDITIONS CAN BE DEALT WITH BY A PHARMACIST RATHER THAN BY A DOCTOR.*

WHEREAS 19% OF MEN SAY THEY ARE MOST LIKELY TO LOOK UP SYMPTOMS AND POSSIBLE TREATMENTS ONLINE WHEN FEELING UNWELL OR DISCOVERING A NON-LIFE THREATENING MEDICAL PROBLEM, 71% OF MEN AGREE THERE IS PLENTIFUL INFORMATION ONLINE TO HELP THEM CHOOSE THE RIGHT MEDICATION.

* 65% of American men feel comfortable using OTC for headaches or migraines, 52% for allergies, and 51% for nausea.
THE OPPORTUNITY FOR SELF-CARE

AMERICAN MEN ARE MORE CONFIDENT MANAGING THEIR HEALTH (89%) THAN THEY ARE MANAGING THEIR LEVEL OF WORK STRESS (68%) OR CAREER DECISIONS (71%).

When men in the United States feel unwell or discover a non-life threatening medical problem, they are likely to:

- 27% See a doctor
- 19% Look up symptoms and treatments online
- 10% Ask a friend or family member for advice

While a majority of American men take action when facing problems like sexually transmitted diseases (99%) or irritation and infections (93%), far fewer men take action when it comes to conditions like loss of libido (59%), and erectile dysfunction (53%).

BUT

Both American men (74%) and women (56%) believe that having a healthy sexual relationship is critical to their happiness.

SEXUAL HEALTH IS AN IMPORTANT PRIORITY TO US MEN

- 30% of American men consider sexual health to be one of the most important parts of their overall health and well-being
- 29% of American men are dissatisfied with the services and access available for sensitive topics like sexual health in their current health systems

84% of American men said that buying over the counter medication saved them time, as they did not have to make a doctor’s appointment AND 86% found it much more convenient than having to see a doctor.
REFERENCES


The report was commissioned by Sanofi - Consumer Health Care (CHC) in cooperation with Global Action on Men's Health (GAMH) and its members the Men's Health Network (MHN, US), Men's Health Forum (UK), Australian Men's Health Forum (AMHF) and Men's Health Education Council (MHEC).

For a digital copy of the report, please visit: www.gamh.org