



GLOBAL ACTION ON  
MEN'S HEALTH

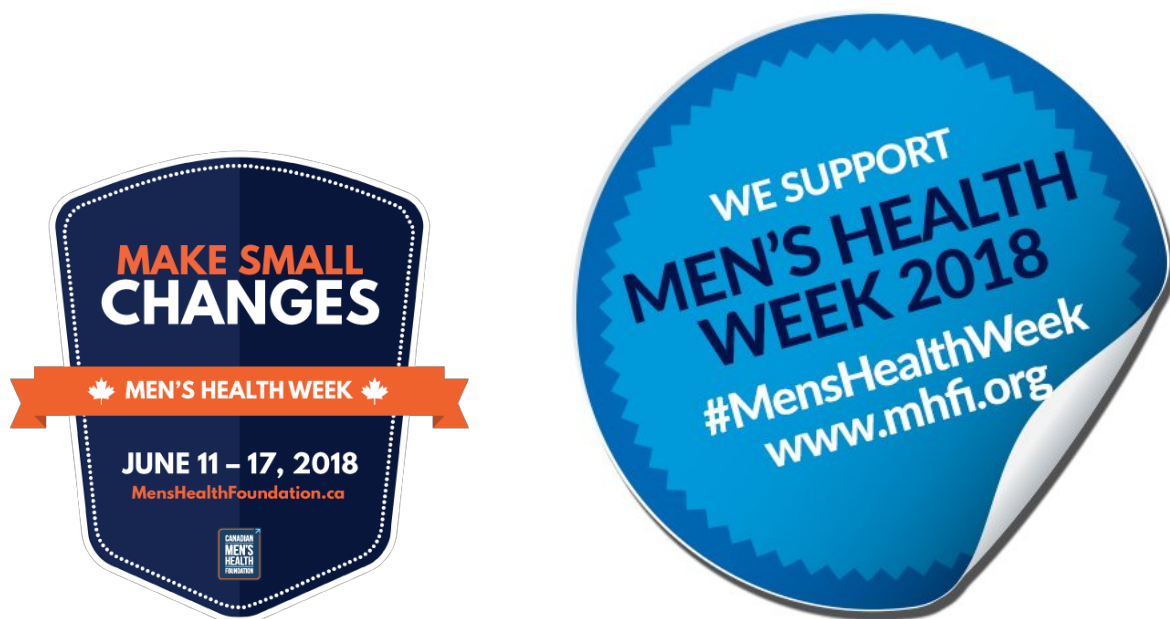
# ANNUAL REPORT 2018



## Background

Global Action on Men's Health (GAMH) was established in 2013 and launched during International Men's Health Week in June 2014. It is a collaborative project that brings together men's health organisations, and others sharing their objectives, in a new global network.

GAMH works to put men on the gender agenda. It advocates changes in policy and practice by national and international health organisations. It conducts and supports research and analysis. It seeks collaboration with like-minded groups. It focuses on public health and the social determinants of health and recognises the intersection of gender with other dimensions of disadvantage including ethnicity, sexuality and income. It promotes a positive view of men and recognises that they are active agents in health improvement. GAMH believes men's health and women's health should advance in partnership.





## **GAMH's Mission**

To create a world where all men and boys have the opportunity to achieve the best possible health and wellbeing wherever they live and whatever their backgrounds.

## **GAMH's Goals**

- Global health organisation and national governments address the health and wellbeing needs of men and boys in all relevant policies
- Men and boys encouraged and supported to take better care of their own health as well as the health of their partners and children
- Health practitioners take greater account of the specific needs of men and boys in service deliver, health promotion and clinical practice
- Other agencies and organisations, such as schools and workplaces, helped to be more aware of their significant impact on the health of men and boys
- Sustained multi-disciplinary research into the health of men and boys
- An approach to health that fully recognises the needs of both sexes in policy, practice and funding and which promotes greater gender equality.



## **The Strategic Context**

Many challenges remain to improving men's health globally but there are some significant reasons for optimism.

The UN's Sustainable Development Goals (SDGs) on health, not least those concerning premature mortality, alcohol and drug misuse and road traffic accidents, cannot be effectively achieved without a focus on men's health as well as women's. Partly in response to the SDGs, WHO-Europe has adopted a men's health strategy which covers all its 53 member states.

PAHO, the WHO region for the Americas, is also preparing a men's health report and, in November 2018, WHO HQ held a men's health seminar for the first time. The University College London (UK) Centre for Gender and Global Health is among those arguing that gender includes men as well as women. A Lancet editorial in July 2018 was entitled 'Gender and health are also about boys and men'.

The Australian government is currently updating its national male health policy for 2020-30. The Irish government has already revised and renewed its national policy for the period up to 2021. About 30 countries now offer HPV vaccination to boys as well as girls to prevent a range of cancers caused by the virus and others are actively considering this. This provides a springboard for extending boys' vaccination to other countries and raising wider issues about boys' health.

There are now many excellent examples of a range of successful interventions with men in the fields of health information, self-management, sports-based, workplace and community programmes, digital services and primary care. Many of these have been described in openly-accessible peer-reviewed journals. There are also now several multi-national men's health projects underway with significant levels of public funding. It can no longer be said that there is no evidence about how to engage men effectively in health.

Masculinity has become a 'hot topic' in the media and more widely as a result of high-profile cases of the sexual abuse of women and children by men. Much of the debate is one-dimensional and polemical but it has nevertheless created an opportunity for men's health advocates to highlight the impact of male gender norms on the health and wellbeing of men and boys as well as on women and girls.

Life expectancy and healthy life expectancy by WHO region (2016)				
WHO Region	Life expectancy at birth (years)		Healthy life expectancy at birth (years)	
	Male	Female	Male	Female
Africa	60	63	53	55
America	74	80	66	70
South-East Asia	68	71	60	61
Europe	74	81	66	71
Eastern Mediterranean	68	71	59	60
Western Pacific	75	79	68	70
Global	70	74	62	65

## GAMH's Structure

GAMH is currently an unincorporated association with no formal legal identity. It is registered neither as a company nor as a charity/not-for-profit. GAMH has its own bank account and holds and manages its funds in accordance with governance procedures established by the Executive Committee (the EC).

GAMH is governed by an Executive Committee (EC) which is elected annually by and from its full members. The EC has five members, currently:

- Australian Men's Health Forum (Anthony Brown)
- Canadian Men's Health Foundation (Wayne Hartrick)
- Men's Health Network (USA) (Ana Fadich)
- Men's Health Forum in Ireland (Gillian Prue)
- Prostate Conditions Education Council/
- Men's Health Education Council (USA) (Wendy Poage)

The Men's Health Forum (Great Britain) (Martin Tod) also sits on the EC as a co-opted member.

The Chair and Vice Chair are elected annually by the EC. The Chair is Anthony Brown and the Vice Chair is Wendy Poage. Martin Tod is the Treasurer.

GAMH's work is managed by its Director, Peter Baker. He is currently contracted on a freelance basis and his workload is determined by the priorities agreed by the EC as well as by the funds available.



This has been a year of consultation and planning for Global Action on Men's Health.

2019 will see us complete the necessary work to incorporate the organisation. This will increase our ability to promote the importance of men's and boys' health with international and national policymakers.

We still want to see more nations introduce men's health policies that acknowledge the positive roles men and boys can and do play in improving their own health, the health of their families and communities, as well as defining action to ensure that men and women enjoy the same health outcomes and access to health care.

GAMH exists and works as a global partnership. I would like to thank everyone involved, not least the Executive Committee for their hard work, especially Wendy Poage our Vice Chair and Martin Tod our Treasurer. The person who keeps us all together is Peter Baker, our amazing Director. For an organisation of such modest means we have achieved a lot, thanks mostly to Peter's hard work and dedication.

And finally, thanks to all of our members. It is your work with men and boys that continues to inspire us.

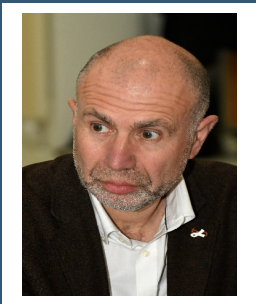
**Anthony Brown, GAMH Chair**

There are two categories of membership: Full and Associate. Associate members may be organisations or individuals. GAMH offers membership at the rates of GBP 1,050.00 for Full, GBP 700.00 for Associate organisations, and GBP 40.00 for Associate individuals. Discounts and payment by instalments have been offered to organisations and individuals with limited funds. All current memberships run until December 2019.

All potential members are asked to indicate their support for a Declaration which sets out GAMH's aims and values. All memberships are also subject to the formal approval of the EC although this responsibility has been delegated to the Chair and Vice Chair.

Associate members have an advisory role and all members are able to participate in the Annual General Meeting (AGM). The first AGM took place in January 2018.

GAMH has category of affiliation for corporate organisations. Corporates can join for an annual fee of GBP 2,500.00 but have no role in governance. GAMH's relationship with corporates and other external stakeholders is guided by an ethical policy.



It is a continuing pleasure to work with colleagues around the world to make the case for improved men's health. I owe a particular debt to GAMH's Executive Committee, and especially Anthony Brown (GAMH's Chair) and Wendy Poage (Vice Chair), for their unstinting support.

The work we completed in 2018 has positioned us to take advantage of the growing global interest in men's health. WHO Europe's adoption of a men's health strategy was especially significant and GAMH will push for its effective implementation by member states. We hope that other WHO regions will now consider how they can also take action to promote men's health.

In 2019, we will become a registered charity and will re-launch with a new logo and branding. This will open up fresh opportunities for fundraising and strategic development. Our report on men and self-care will also be published and we will use this to influence the work of policymakers and practitioners.

GAMH will explore how we can deepen our relationship with our members, both organisations and individuals, so that we can more effectively support each other's work. I am very conscious that, as membership subscriptions become due for renewal for 2020, GAMH needs to demonstrate very clearly that it provides a useful and practical service to its core supporters as well as playing a wider advocacy role.

I look forward to working with all our stakeholders to help improve the health and wellbeing of men and boys in 2019 and beyond.

**Peter Baker, GAMH Director**

## **Work Programme**

Since its formation, GAMH's work programme has focused on:

- Raising the profile of GAMH and making the case for men's health to the widest possible audience.
- Developing projects that contribute to improvements in men's health policy and practice.

- Increasing the membership so that GAMH represents as many men's health and related organisations and key individuals as possible around the world.
- Creating a network of men's health advocates, researchers, practitioners and others for the sharing of experience and good practice and to encourage collaboration that accelerates research and the development of policy and practice.
- Generating income that supports the further development of GAMH and improved governance.

GAMH's priorities for 2018 were:

- Adopting a formal legal identity which will provide greater transparency and public accountability, increase the confidence of internal and external stakeholders in organisational governance and viability, and create new opportunities for funding.
- Developing a higher profile for GAMH, particularly online.
- Recruiting additional members, especially from under-represented countries.
- Developing greater collaboration between members.
- Working with WHO-Europe on the preparation of its men's health strategy.
- Producing reports on men and self-care and the state of men's health globally.
- Increasing the profile of International Men's Health Week.

This report focuses on the progress made in respect of each of these priorities.



**DIABETES:  
ARE YOU  
AT RISK?**

**MEN'S  
HEALTH  
WEEK**  
MENS HEALTH FORUM

Men are more likely to get diabetes.  
But some men are at even greater risk.  
**HALF** of all South Asian, Black African and African Caribbean people in the UK will have Type 2 diabetes by the age of 80.  
**Find out more and reduce your risk.**

**#menshealthweek #talkaboutdiabetes**  
menshealthforum.org.uk

**MEN'S HEALTH WEEK**  
Monday 11th - Sunday 17th June 2018  
**ONE SMALL STEP FOR MAN  
ONE GIANT LEAP FOR MEN'S HEALTH**  
*What's your small step going to be?*



Visit [www.mhfw.org](http://www.mhfw.org) to find out more #MenHealthWeek





### *Adopting a formal legal identity*

Following discussion at the AGM in January 2018 and subsequently by the EC, and also a consultation with the membership, it was agreed that GAMH should register as a charitable organisation in the UK. Charitable status is seen by the EC as a critical stepping stone towards securing adequate funding for GAMH's future development. It will enable GAMH to directly approach potential commercial partners, trust funds and others who would not be able to make donations to an unincorporated organisation. The regulation and transparency that accompanies charitable registration will also give greater confidence to current and potential members.

The EC has determined that an Association Charitable Incorporation Organisation (CIO) is the most appropriate type of charity because it is particularly well-suited to smaller and medium-sized unincorporated organisations which employ staff and/or enter into contracts. The CIO structure offers the important benefits of having a separate legal personality and trustee limited liability and is usually cheaper and easier to set up and administer than a company limited by guarantee. The registration process is currently underway and it is hoped that it will have been completed early in 2019.

When GAMH is registered as a charity, the EC's current six members will become trustees and convene as a board. Their primary aim will be to ensure the good governance of the organisation and that it has clear and realistic strategic goals.

### *Developing a higher profile for GAMH*

GAMH has a regularly updated website ([www.gamh.org](http://www.gamh.org)), a Twitter account (@globalmenhealth) and a monthly eBulletin that is sent to members and others who wish to subscribe. There is also a LinkedIn GAMH group.

In 2018, GAMH's website received approximately 3,500 views, an average of over 65 per week. As of early-December 2017, the Twitter account had almost 700 followers. The eBulletin has about 80 subscribers, almost all GAMH members, and is each month opened by about 40-50% of recipients. The LinkedIn group currently has 60 members. Although there has been a steady growth in these figures year-on-year, they remain relatively low and there is clearly considerable scope for improvement in GAMH's online profile.

When GAMH becomes a charity, the website and social media will be rebranded with a new logo. This rebranding, together with the launch of GAMH's first major report (on self-care, see below), will create a new opportunity to increase GAMH's profile both online and offline.

GAMH's Director contributed *Men's health: the case for global action* to the Lancet Global Health blog in April 2018. His article *Men's health: time for a new approach* was published in Physical Therapy Reviews in March 2018.

The Director attended a seminar on men's health at WHO HQ in Geneva (Switzerland) in November 2018 and participated in follow-up meetings and correspondence about WHO's future work on this issue.

GAMH submitted a response to a consultation by WHO's Independent High-Level Commission on Non-Communicable Diseases (NCDs) on its draft first report.

GAMH was a partner in a seminar series on masculinities and men's health run by the Centre for Gender and Global Health at University College London (UK). The series ran fortnightly in London from October – December 2018 and is likely to continue into 2019

### ***Recruiting additional members***

GAMH's membership has slowly and steadily increased and it now has 49 members: 13 Full members and 36 Associate members (7 organisations and 29 individuals). In 2018, membership increased by 9 (1 associate organisation and 8 individuals). See Appendix 1 for a full list of current members.

The organisations are based in nine different countries and the individuals in 11 countries. Most of GAMH's members are based in English-speaking countries and/or those in the Global North. This reflects the areas where men's health work is currently most developed but there remains a need for GAMH to reach out to organisations and individuals in a wider range of countries.

### ***Developing greater collaboration between members***

GAMH's monthly eBulletin and website provide an opportunity for members to share information and develop contacts with other members but this is not yet happening on any significant scale. With the support of the Canadian Men's Health Foundation, GAMH sought to establish a small working group of members to take forward the development of International Men's Health Week 2018. Unfortunately, this opportunity was not taken up by members and further development work is needed in this area. More positively, GAMH was invited to be a partner in a forthcoming Promundo report, *Masculine Norms and Men's Health: Making the connection*. An executive summary was published in November 2018 and the main report is expected to be launched in early 2019.

Several members worked with GAMH on preparing background information for the WHO-Europe men's health strategy (see below) and others joined the advisory group for GAMH's self-care report (see below).

### ***Working with WHO-Europe on the preparation of its men's health strategy***

Since September 2017, GAMH has been actively involved with WHO-Europe's plans to develop a men's health strategy for the 53 countries it represents. GAMH was a co-organiser of a consultation event for NGOs in Dublin (Ireland) in March 2018 and also contributed content and advice to the men's health report that accompanied the strategy.



Following the formal adoption of the strategy by WHO Europe in September 2018, the Director contributed an article to Health Europa which was published in November. A second article on the strategy has been accepted for publication in early 2019 by Trends in Urology and Men's Health.

GAMH has been discussing with WHO Europe and also several GAMH members the possibility of convening a meeting for NGOs to discuss how they can use the strategy to make the case for action in their own countries as well as across the region.

### ***Producing reports on men and self-care and the state of men's health globally***

In 2017, GAMH continued to develop its relationship with Sanofi and funding was approved for a project on men and self-care.

GAMH's report, *Who Self-Cares Wins: A global perspective on men and self-care*, will be published in early 2019. It covers men's beliefs, attitudes and practices concerning self care, examples of successful interventions by health and other organisations, the potential for improvement, and recommendations for action on research, policy and practice. The report will be featured on the International Self-Care Foundation's website and a paper will be submitted to the Self Care Journal.

GAMH is currently seeking funding for the production of a report on the global state of men's health.

### *Increasing the profile of International Men's Health Week*

GAMH published *Hiding in Plain Sight: Men's health and the response of global organisations* to coincide with International Men's Health Week in June 2018. This called for a comprehensive range of actions from global health organisations, including assessing the needs of men in the communities they serve or with respect to the issues they address, defining gender appropriately in their policies and programmes, disaggregating their programme data by sex, recognising that interventions that take account of gender differences are likely to achieve better outcomes and committing themselves to actions that benefit both men and women and contribute to gender equality. The report was sent to 15 leading global health organisations.

GAMH highlighted and participated in a Men's Health Network (USA) Twitterchat linked to the Week and signposted the Network's webpage containing information about activities in a range of countries.

The launch of the International Journal of Men's Social and Community Health was timed to coincide with the Week. GAMH's Director and Chair were the guest editors for the first issue which focused on global men's health policy issues. The Director and Chair now serve as members of the Journal's editorial board, as do several of GAMH's individual members.

Raising the profile on International Men's Health Week at a global level remains a challenge for GAMH in the context of its currently limited capacity. In 2019, GAMH will seek to develop a global message about men's health for use during the Week by members and for direct dissemination via journal articles, blogs and other media.



## **Priorities for 2019**

The EC has determined that its work programme for 2018 will continue into 2019 with an additional focus on increasing operational capacity by fundraising (including from membership fees and corporate affiliations, honoraria for articles and conference presentations, consultancy and project grants) and recruiting volunteers or interns to assist with a range of tasks such as website editing, design, publications, research, analysis, fundraising and book-keeping. GAMH also plans to issue its first guidance document for policymakers and practitioners which synthesises and summarises existing best practice on engaging men in health interventions.

## **Financial report**

GAMH is currently funded by a mix of membership fees and grants. In 2018, its income totaled GBP 24,361.27, of which GBP 2,782.36 comprised membership fees and GBP 21,578.91 a single grant (from Sanofi for the self-care report).

In 2018, GAMH's expenditure totaled GBP 17,508.71, the bulk of which was accounted for by the Director's professional fees.

A balance of GBP 11,123.74 will be carried forward into 2019. Of this, GBP 7,035.00 is for the publication and dissemination of the self-care report and GBP 4,088.74 is for other activities.

Income and expenditure has to date been relatively modest and this has limited GAMH's activities. It is anticipated that the organisation's registration as a charitable organisation in early 2019 will make it easier to attract greater levels of funding.

<sup>1</sup> Paid to the Men's Health Education Council (USA) on behalf of GAMH.



## APPENDIX 1

### Current members

(as at 31 December 2018)

#### Full Members (13)

- Australian Men's Health Forum
- Canadian Men's Health Foundation
- Danish Men's Health Society
- European Men's Health Forum
- Men's Health Education Council/Prostate Conditions Education Council (USA)
- Men's Health Forum (Great Britain)
- Men's Health Forum in Ireland
- Men's Health Foundation/Stiftung Männergesundheit (Germany)
- Men's Health Network (USA)
- Men's Health Trust (New Zealand)
- Movember Foundation
- Promundo
- Sonke Gender Justice (South Africa)

#### Associate Members (36)

##### Organisational associate members (7)

- Center for Research on Men's Health, Vanderbilt University (USA)
- Center for the Study of Men and Masculinities (USA)
- The Freemasons Foundation Centre for Men's Health (Australia)
- Men's Development Network (Ireland)
- MIU Men's Health Foundation (USA)
- Partnership for Male Youth (USA)
- Prostate Cancer Centre, Calgary (Canada)

##### Individual associate members (29)

- |                           |                   |                   |
|---------------------------|-------------------|-------------------|
| • David Baxter            | • Matthew Maycock | • Tim Shand       |
| • Chris Booth             | • Donald McCreary | • James Smith     |
| • Eduardo Schwarz Chakora | • Chirk Jenn Ng   | • Gilles Tremblay |
| • Morna Cornell           | • Shane O'Donnell | • David Weston    |
| • Benno de Keijzer        | • John Oliffe     | • Alan White      |
| • Lesley Doyal            | • Ian Peate       |                   |
| • Paul Galdas             | • Steve Petty     |                   |
| • Tracy Herd              | • Mahesh Puri     |                   |
| • Paul Hopkins            | • Simon Rice      |                   |
| • Mike Kirby              | • Noel Richardson |                   |
| • Dell Lovett             | • Damien Ridge    |                   |
| • John Macdonald          | • Steve Robertson |                   |



**Website: [www.gamh.org](http://www.gamh.org)**

**Twitter: [@globalmenhealth](https://twitter.com/globalmenhealth)**