

Men's Health Week 2023



Our role in Men's Health Week

- The Australian Men's Health Forum (AMHF) has supported Men's Health Week in Australia since 2002
- The Centre for Male Health – one of our member organisations – is the lead for Men's Health Week in Australia
- We sit on the Men's Health Week Advisory Group
- AMHF's key role is to encourage and support “the sector” to host events and activity during Men's Health Week

Our template for mobilising the sector around a topic

1. Identify a topic that has broad appeal and can be linked to current funding objectives
2. Identify opportunities to align the topic to our 4 strategic goals:
 - A. Awareness Raising
 - B. Best Practice
 - C. Connecting the Sector
 - D. Decision Making (Policy & Advocacy)

Developing resources to get the sector involved

- A #KnowYourManFacts toolkit (generally includes an infographic, social tiles and a men's health talk slide deck)
- Practitioner guides on working with men
- Policy paper and campaign materials
- A call to action outlining ways to get involved

Case Study

International Men's Day
19 November 2022

The Topic

SOCIAL CONNECTION

Our IMD 2022 theme was “Celebrating Mateship”. We invited men to #MakeTime4Mates and build better social connections by:

- * Making time for old mates
- * Making time to make new mates
- * Reaching out to mates who are doing it tough

international **MEN'S DAY** ABOUT LATEST NEWS EVENTS RESOURCES KYMF TOOLKITS [DONATE](#)



19TH NOVEMBER: CELEBRATING MATESHIP

1. WHY WE HAVE AN INTERNATIONAL MEN'S DAY

International Men's Day (IMD) is celebrated on 19 November every year and is marked in around 80 countries worldwide.


Some people ask why we need an International Men's Day? In Australia, IMD is a great opportunity to take part in a global conversation about manhood, masculinity and men's issues by:

- ✔ Highlighting some of the social issues that men and boys face
- ✔ Making a difference for the men and boys in your community

#MAKETIME4MATES


- 1 WHY WE HAVE AN INTERNATIONAL MEN'S DAY
- 2 ISN'T EVERY DAY INTERNATIONAL MEN'S DAY?
- 3 HOW TO TAKE PART IN INTERNATIONAL MEN'S DAY

If you have a story to share about International Men's Day please get in touch via the [Connect](#) page




Politician calls for men's health funding

[FIND OUT MORE](#)




Businesses get behind IMD

[FIND OUT MORE](#)



Councils back men's health with IMD events

[FIND OUT MORE](#)



The International Men's Day 2022 Poster
Get the message out and download/share/print off the official IMD 2022 poster.

The International Men's Day Event Poster
Running an event for International Men's Day 2022? Download our official poster and fill in your details. Print or share the poster to your community.

Know Your Man Facts about Mateship + Men's Health
Get the message out and download/share/print off the Mateship social media graphics.

Mateship Infographic

The International Men's Day Postcard

Run An Event

International Men's Day Website

internationalmensday.info

Call To Action

- Run an event and list it on our IMD website
- Give a #KnowYourManFacts talk on Mateship and Men's Health
- Use and/or promote our Guide to 'Helping A Mate Doing It Tough'
- Talk about the topic on social media using #InternationalMensDay #IMD2022 #MakeTime4Mates



Know Your Man Facts Toolkit

#KYMF

MATESHIP + MEN'S HEALTH **KYMF**
#KnowYourManFacts

1 in 4
Men have no good mates

1 in 3
Men experience loneliness

MATES
Men with mates live longer lives

No Mates = Poor Health

Mateship Keeps Men Healthy

As bad as 15 smokes a day

Stay in contact with old mates

Bad for your heart health

Take action and meet new mates

Increases risk of male suicide

Build strong bonds with your mates

Learning to help a mate doing it tough can save lives

A Ask + Listen > **B** Build a Plan > **C** Connect to Help

international **MEN'S DAY** | Saturday 19 November 2022 **KY** | **AMHF**
AUSTRALIAN MEN'S HEALTH FORUM

international **MEN'S DAY**
19 November 2021

KYMF
#KnowYourManFacts

10 FACTS EVERYONE SHOULD KNOW ABOUT MEN'S MENTAL HEALTH

AMHF
AUSTRALIAN MEN'S HEALTH FORUM

Learning to talk to a mate doing it tough can save lives

Follow the ABC:

A Ask + Listen > **B** Build a Plan > **C** Connect to Help




MEN'S MENTAL HEALTH FACT #10 **KYMF**
#KnowYourManFacts

Help A Mate Doing It Tough

10-page guide



HELP A MATE DOING IT TOUGH.

- A** Ask + Listen 
- B** Build a Plan 
- C** Connect to Help 

YOU COULD SAVE A MAN'S LIFE.



Created by the Australian Men's Health Forum
www.amhf.org.au

Getting Social

#MakeTime4Mates

HOSTED BY NATHAN SHANKS

International Men's Day
Business Men's Networking Evening

#MAKETIME4MATES

Nov 18

Prince Albert Hotel
109 Murray St, Gawler

6pm - 8.30pm



"Celebrating Mateship" with an evening of humour, a catch up with the lads and some networking.

Business card draws and fun!
Purchase own drinks. Supper provided.

Free for GBDG members
\$20 for non-members

REGISTER VIA: <https://international-mens-day-business-mens-networking-evening.eventbrite.com.au>

WITH MARC RYAN
'THE BEAUTIFUL BOGAN'

Men's Health Forum @MensHealthAMHF · 19 Nov 2022
Happy International Men's Day! #MakeTime4Mates

Mateship keeps men healthy.
Build strong bonds with your mates.



international MEN'S DAY
19 November 2022

KYMF
#KnowYourManFacts

AIHW @aihw · 19 Nov 2022

Today is #InternationalMensDay! Did you know that the typical Australian male is 36.4 years old, lives in a major city, is employed, has a non-school qualification, and is married? See more: fal.cn/3UDq

#MakeTime4Mates #IMD2022 #MensHealth

AIHW

The typical Australian male is 36.4 years old, lives in a major city, is employed, has a non-school qualification, and is married



Source: AIHW, The health of Australia's males

Are You Bugged Mate? @RUBoggedmate · 19 Nov 2022

Happy International Men's Day!!
"Make Time 4 Mates"
DYK men with mates actually live longer?
Don't say "We should catch up soon", commit to a day & time.
Today's tip is brought to you by our great mates @NufarmAustralia

#MakeTime4Mates
#areyouboggedmate
#InternationalMensDay

International Men's Day
19th November 2022

Make Time 4 Mates



Commit to a day & time,
don't just say
"We should catch up soon!"

ARE YOU BOGGED MATE?

19 NOV

06:30 AM	Redcliffe, QLD Redcliffe Wharf
07:00 AM	Busselton, WA Busselton Jetty
07:00 AM	Shell Cove, NSW Shell Cove Marina
07:00 AM	Belconnen, ACT Lake Ginninderra
07:00 AM	Darwin, NT Travellers Stairs
08:00 AM	Geelong, VIC Orchid & Co
09:00 AM	Ulverstone, TAS McCarthy's Bread Lounge

Make time 4 your mates

international MEN'S DAY

The MAN WALK
WALK, TALK, SUPPORT

With the Man Walk

Our topic for Men's Health Week 2023

Exercise and Men's Health

Exercise and Men's Health

RATIONALE

- 3 in 5 Aussies do less than 30 minutes of moderate exercise a day
- Physical inactivity is the main cause of 1 in 3 cases of heart disease, the leading killer of men in Australia
- Physical inactivity is the 2nd biggest risk factor for cancer after smoking
- Exercise as effective at tackling depression as medication and behavioural therapy
- Exercise reduces risk of Alzheimers by one third
- Group exercise initiatives promote social connection and reduce social isolation



Call To Action



1. Host/promote events for men involving physical activity
2. Give a #KnowYourManFacts talk on Exercise and Men's Health
3. Talk about the topic on social media: #MensHealthWeek2022
4. Write to your local MP inviting them to support Men's Health Week and highlight the value of exercise to men's health

Resources for Men's Health Week **2023**

1. #KnowYourManfacts toolkit on Exercise and Men's Health
2. Best Practice case studies promoting men's health projects that use physical activity to connect men
3. New policy paper highlighting the role of exercise in improving men's health
4. Webinars on Exercise and Men's Health in the run up to Men's Health Week

Thank you

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WWW.AMHF.ORG.AU

