Living Well

MEN (+ Sheds)

Improving health of men national initiative
National Male Health Policy 2010
Six key priority areas
1. Optimal health outcomes for males
2. Health equity between population groups of males
3. Improved health for males at different life stages
4. A focus on preventive health for males
5. Building a strong evidence base on male health
6. Improved access to health care for males


Over 500 internationally
Over 900 sheds nationwide
Active local cluster

WHO?
72 years (median age)
90% retired
81% live with partner

What?
Participation frequency in Men’s Shed activities
Reason for joining the Men's Shed

Members' perceptions of the Men's Shed as a place

Satisfaction with life as a whole

Thanks to Buderim Men's Shed

Team

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