

HEALTHY MEN AT WORK PROGRAM



Men's health SERVICES

Australia's leading men's health & wellbeing consultancy service

Greg Millan, Men's Health Consultant

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I provide a range of male friendly services with a focus on improving the state of male health and wellbeing, thus improving the wellbeing of the whole community.

- Professional Training Programs – ENGAGING MEN
- Men's programs – MEANING FOR MEN, Managing Depression & Anxiety, Understanding Relationships, Understanding Difficult Emotions, Men's Sexual Health & Wellbeing,
- **Healthy Men at Work**
- Men's health event management services – Conferences, Seminars, Men's Health Trivia Nights
- Project and research work – Beyond Blue, PCFA, wide range of clients

MY BACKGROUND

Health Social Worker 34 years | Men's health worker 30 yrs

President, Men's Health Forum NSW Inc

Vice President, Australasian Men's Health Forum Inc. (AMHF)

Casual Academic, School of Medicine and Public Health, University of Newcastle

Affiliate Member, The Australian Association of Buddhist Counsellors and Psychotherapists

Member, Board of Advisors, Men's Health Network USA

Author of *"Men's health & wellbeing: an a-z guide"*

Completed Men Alive Men's Health Training Course USA 2015



Healthy workers contribute to a more productive workplace in a numbers of ways including increased productivity, reduced absenteeism and loyalty.

International research shows that organisations that promote health and wellbeing can be as much as two and a half times more profitable than an organisation that does not.

Health is more than just physical health...

http://www.healthproject.com.au/content/ROI_CORPORATE_HEALTH.pdf Chapman, L.S. (2007) Proof Positive. An Analysis of the Cost Effectiveness of Worksite Wellness. Seattle, WA: Chapman Institute.

The World Health Organization (WHO) *Constitution of the World Health Organization- Basic Documents, Forty-fifth edition, Supplement, October 2006.* delete red



An effective men's health and wellbeing program needs to be more than just a '5 – minute check-up with a health professional'. It needs to be men-friendly, informational, motivational - and have follow-up support.

The workplace is a key setting for promoting the mental well-being of men in Australia and presents an opportunity to help reduce the high male suicide rate.

Male workers respond positively to well-designed men-friendly workplace health and well-being programs.

SPA, <http://suicidepreventionaust.org/PositionStatements.aspx>, Living is for Everyone

Michael Kolmet - Male blue-collar workers are receptive to workplace health promotion: opportunities for workplace health management.



Research has indicated that a sustainable health and wellness program needs to consider four key measures:

- Lifestyle – physical activity, nutrition, weight management, alcohol and drug use, sleep, work life balance
- Psychological health – stress, anxiety, depression, resilience
- Physical Health – musculoskeletal, cardiovascular, family medical history, creating a health maintenance plan with your doctor
- Engagement – commitment, satisfaction, workplace factors



A men-friendly approach is vital to the **engagement** of men and the **sustainability** of any healthy workplace program intended for men.

Men's health SERVICES as the leading men's health consultancy in Australia, has developed **HEALTHY MEN AT WORK** based on 30 years interaction with men and a strong program evaluation process.

This approach is in line with the Federal Government's National Male Health Policy.

"A focus on preventive health for males – encourage employers to deliver health checks and programs for males, fund health promotion materials, encourage health promotion activities to have a specific focus on males, raise awareness on chronic diseases among males, deliver evidence-based health promotion messages to males."

National Male Health Policy May 2010

Feedback from men who have attended a Healthy Men at Work program.

Learnt more about men's health. That it is about physical, mental and social areas of life.
It focussed on my wellbeing as well as physical health. Talked about the importance of my mates
Learnt more about what I can do to be healthier and there are a lot of simple things I can do
I understand more about how to stay healthy and relaxed and to not let stress get on top of me
Showed support from my employer. I now know they do really care about my health.
I learnt about work / life / time balance and figured out I need more time for myself
Feel more confident about making changes to what I do. It's really easier than I thought.



“An excellent program, valuable information and a good way to get the guys at work talking about their health.”

“Quality information, backed up with email resources is a great combo. I feel a lot more confident about going to the doctor if I need to.”

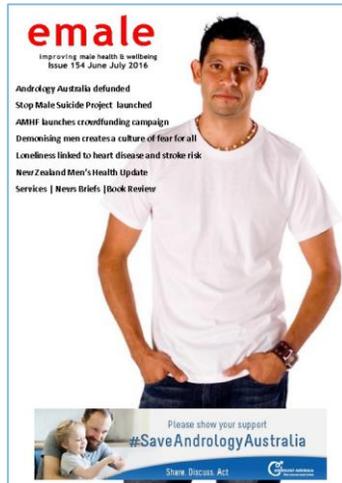
“The program flowed well, easy to follow with great relevance and practical strategies that I can use.”

“Great program – no down parts – interesting all the way through.”

"It was pleasing to see a defence seminar that was refreshing, unbiased and quantitative in detail - this certainly provides me with a significant awareness and balanced information which will assist me in managing my personnel/workforce and individuals on the current issues facing the health of the male workforce."

RAAF Officer after a HMW Seminar during Men's Health Week, June 2016

men's health SERVICES resources

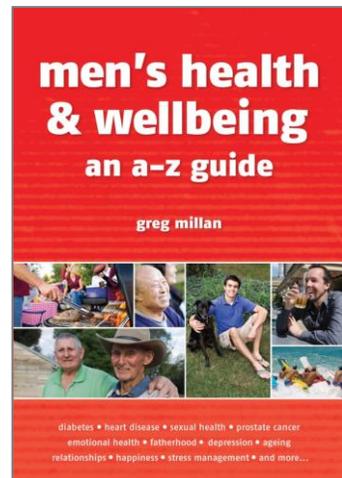


emale is distributed to over 9000 readers in Australia alone. It is also distributed by men's networks and organisations in New Zealand, USA, Canada, the UK and other European and Asian countries.

emale is Australia's most read free bi monthly men's health & wellbeing ebulletin and though it may have changed in format and style over the years it continues to provide readers with up to date information on men's health and wellbeing issues, new resources and events, feature articles and information on the latest programs on offer from **men's healthSERVICES**.

Reader Comments

"The layout and style is simple and ease to read. It provides great information in a fun and informative way." | "Plain speak document which is easily understood by a range of people from different cultural, economic and social contexts." | "Good info for women working with men and I forward it on to all the men I know."



Men's health & wellbeing: an a-z guide

Book Reviews

"Let me stress how easy this book is to read. People want to read about their health in clear language that does not daunt them. This book should be in every doctor's waiting room and library. Teachers, men's health workers and other professionals will find it indispensable. Men's health is something everyone should work to improve."

Peter West, PhD, is an educational consultant.

"Men's health is about wellness, not just illness. It means leading a happy, satisfying and emotionally fulfilling and physically fit life. This 'a-z' guide is a reference for any man, and provides down-to-earth, simple practical advice that addresses men's health in the physical, emotional, social, psychological, spiritual and cultural areas of their lives."

Royal Australian College of General Practitioners "While you're waiting" Health Magazine.



To book a **HEALTHY MEN AT WORK PROGRAM** program

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www.menshealthservices.com.au