



COLLEEN THURSTON

Letter from the Chairman

Welcome to another edition of the YOU newsletter. It's hard to believe we are nearly half way through 2011 already. Mind you with the number of things the Trust is currently working on, I can see why time is flying by.

On February 28 we held our annual Parker Hannifin Charity Golf Day at the Grange Golf Course. The event was another huge success raising \$30 000 for the Trust, \$12 000 of which was raised in the auction with all proceeds going to assist men in Christchurch during this difficult time. Our hearts go out to all these people who were affected and particularly to all those that lost a loved one.

I am delighted to announce the launch of the Big YOU NIGHT, an annual event to honour an extraordinary New Zealand Man. The inaugural event is

being held on July 30 2011 at SKYCITY Convention Centre. The 2011 black tie event is to honour Ken Smith, a well known motor sport legend who has been racing for over 53 years. This will be a fantastic night; I hope you can all join us. For more information please visit: www.you.org.nz/younight or email us on: info@you.org.nz. I look forward to seeing you there.

Our "how are you" programme is in full swing, no doubt some of you would have recently received our hot off the press sales brochure. Based on the health statistics of men in New Zealand, expecting men to seek out the relevant information and make changes to their health, for a myriad of reasons, does not appear to be working. So the Trust along with TOWER's support have developed the how are you programme to take the message direct to men in their workplace. Bookings are now being taken. If you are interested in

booking a session for your team or would like to find out more please call us on: (09) 306 8820.

And finally congratulations to the six Unitec students who have been awarded Wairakei Development Scholarships in association with the MHTNZ. It is great to see more men taking part in these health orientated courses. Best of luck to you all.

Kind regards,

Colleen E Thurston
Chairman and Trustee



Wairakei Development Scholarship Awards

Awards from the Men's Health Trust and Wairakei Development Scholarship programme to encourage more men into healthcare services.

This year the scope of the Scholarship has been extended to include the Bachelor of Social Practice and Bachelor of Applied Science (Human Biology) in addition to degrees in Nursing and Medical Imaging.

The number of recipients has increased from five to six students this year to accommodate an additional outstanding student who demonstrated

particularly difficult financial circumstances.

All six students were unanimously selected – all were deemed outstanding in terms of potential, commitment and passion, as well as having an understanding and interest in men's health issues and in working with men as part of their future career paths.

MHTNZ is proud to congratulate the following Wairakei Development Scholarship recipients for 2011:

- Eric Beaudoin – 3rd year Bachelor of Social Practice

- Carl Gilpin – 2nd year Bachelor of Nursing
- Michael McLeod – 3rd year Bachelor of Applied Science (Human Biology)
- Edson Pastorini – 1st year Bachelor of Health Science (Medical Imaging)
- Jonathan Hickman – 3rd year Bachelor of Social Practice
- Mahesh Sharma – 2nd year Bachelor of Nursing

We look forward to hearing about their progress throughout the year.

Men's Health Week 2011

Men's Health Week is a major preventative health campaign that launched in New Zealand in June 2010. The key focus of Men's Health Week is prevention, with key messages centering on encouraging healthy lifestyle choices - both physically and mentally – and promoting regular health checkups with a GP.

Men's Health Trust New Zealand is proud to be a sponsor of the Men's Health Week for a second year running. From June 13-19 this year, men are encouraged to take control of their health and strike a healthy life balance with the support of spokespeople and Men's Health ambassadors.

"What's your score?"

The theme for the 2011 campaign is "What's your score?" Men will be

challenged to find out what their health score is, by filling out a simple questionnaire and getting a score at the end indicating their level of overall health. For participating, men will go into the draw to win great prizes and be able to compare scores with ambassadors ranging from professional athletes, to average New Zealanders including Men's Health Trustee Doctor Graeme Washer, our rugby ambassador Benson Stanley, and motor sport legend Ken Smith.

Men's Health Week 2011 will promote regular visits to the GP and healthy lifestyle choices with particular focus on:

- Smoking, nutrition, alcohol and physical lifestyle risk factors
- Mental health- particularly in relation to depression
- Sexual health and function
- Medical conditions and their



effective prevention/treatment and management (eg obesity, diabetes, cardiovascular disease).

For more information visit: www.you.org.nz/menshealthweek

Research on Men's Health has clearly shown that we are failing to make an impact on the healthy lives of our males because we are not taking the message out to them where they live, work or spend leisure time. We have for too long sat back and waited for men to respond – the "if we build it they will come" model.

Males make up 49% of the population yet use health services 30% less than females. Men present later in the course of illnesses. Poor understanding of health ("health literacy") is an important reason for men's overall poorer health. Men "live sicker and die younger" than women.

MHTNZ has established the "How are YOU" programme in the absence of a government Male Health Policy (as has been adopted in Australia). This programme will help to improve men's understanding of their health. It takes a clear challenge to men in their workplace to take personal responsibility to live a healthier, longer and happier life for themselves and for those who care for them.

One of the key messages in the "How are YOU" programme is for men to be checked regularly. Men need to gain familiarity with the system and to

become acquainted with a doctor and Practice they feel comfortable with and who they would trust if the need for assistance arose. We need to learn to detect and deal with problems early when they are usually easier to deal with.

Research shows that men DO want to care for their health and of those that do have a regular check-up, 75% rate the experience as good or very good. Key incentives which make us more likely to participate in our own health are: having a good doctor, wanting to stay healthy for family and finding a suitable time to see our doctor. 80% of us would participate in a health check organised by our employer.

Our bodies are wonderful machines and will take a lot of punishment, but have long memories and the cost later of poor maintenance may be very high. Conversely, the reward for sensible care of this great machine is large, for ourselves and for those who love us.

To book a how are you session for your team call us on (09) 306 8820

To read more about what's involved and how to prepare for a health check up visit: <http://www.you.org.nz/Research-And-Education.aspx>

Doctor's Corner

WITH DR GRAEME WASHER
MB CHB FRACS

how are you