

# Men's Health Week 2025



# Our role in Men's Health Week

The Australian Men's Health Forum (AMHF) has supported Men's Health Week in Australia since 2002

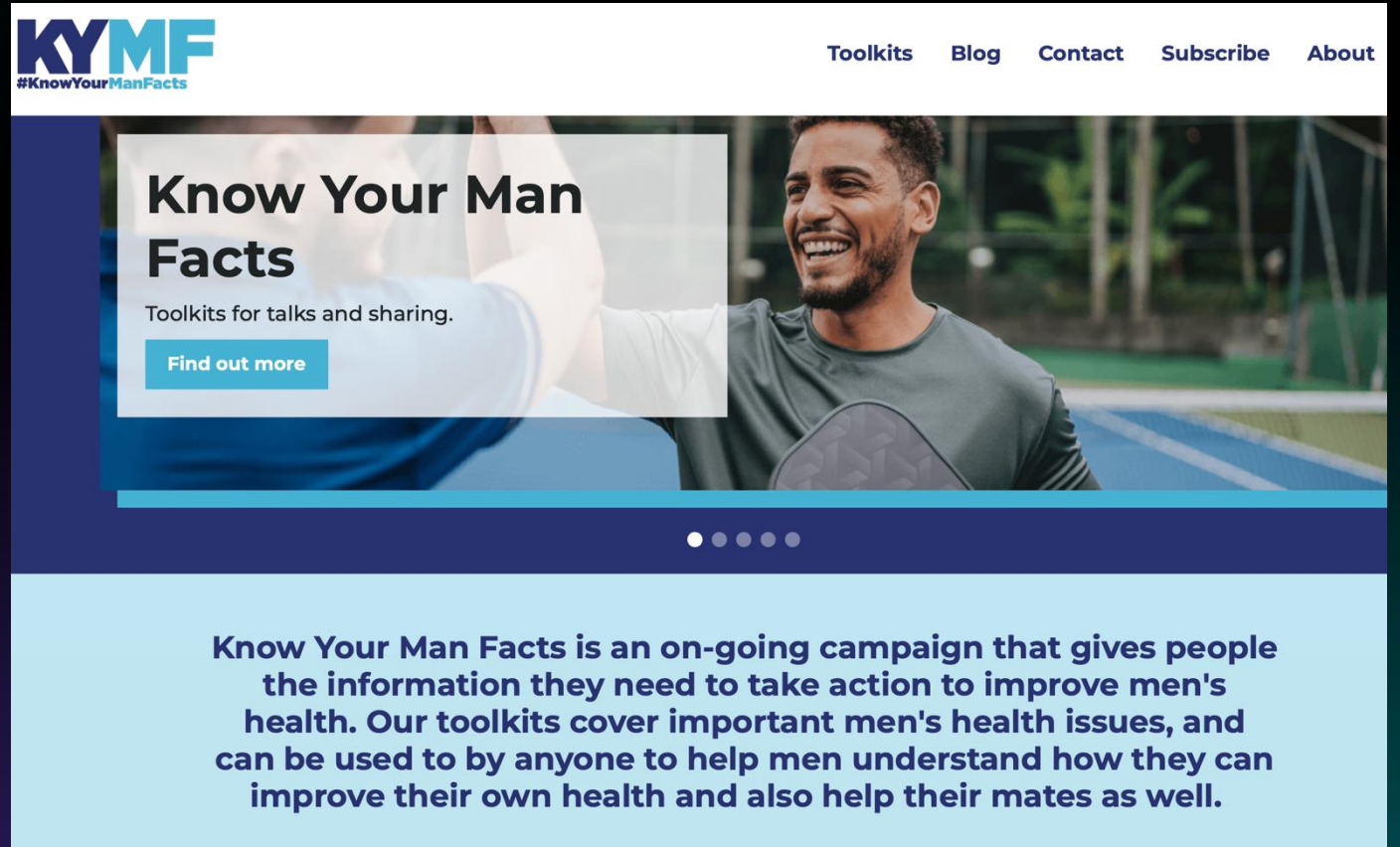
AMHF's key role is to encourage and support "the sector" to host events and activity during Men's Health Week

We try and promote all activities as widely as possible

We provide resources to make it easy for people to get involved and take part

# Men's Health Promotion Toolkits

- ❖ Presentations, posters, social media graphics, booklets
- ❖ A range of topics including Heart Health, Mental Health, Diabetes, Exercise, Social Connect & Health Checks
- ❖ Freely available as digital assets for partners to download and use for Men's Health Week



The screenshot shows the KYMF website homepage. At the top left is the KYMF logo with the hashtag #KnowYourManFacts. To the right are navigation links for Toolkits, Blog, Contact, Subscribe, and About. The main banner features a smiling man on a tennis court with a semi-transparent overlay containing the text 'Know Your Man Facts' and 'Toolkits for talks and sharing.' Below this is a 'Find out more' button. A series of five dots indicates a carousel. Below the banner is a light blue box with the following text: 'Know Your Man Facts is an on-going campaign that gives people the information they need to take action to improve men's health. Our toolkits cover important men's health issues, and can be used to by anyone to help men understand how they can improve their own health and also help their mates as well.'

[www.knowyourmanfacts.com](http://www.knowyourmanfacts.com)

1 in 3 men experience  
loneliness



MATESHIP + MEN'S HEALTH  
FACT #3

**KYMF**  
#KnowYourManFacts



50

men a day die from  
preventable causes  
in Australia



Key  
facts

3 in 4 suicides are men



MEN'S MENTAL HEALTH  
FACT #1

**KYMF**  
#KnowYourManFacts

Heart disease  
is the leading  
killer of  
Aussie men



MEN'S HEART HEALTH  
FACT #1

**KYMF**  
#KnowYourManFacts

Health checks can  
reduce your risk of  
dying too young



MEN'S HEALTH CHECKS  
FACT #5

**KYMF**  
#KnowYourManFacts

Staying mentally healthy  
can protect men against  
heart disease



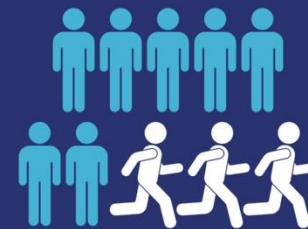
MEN'S HEART HEALTH  
FACT #6

**KYMF**  
#KnowYourManFacts



Your  
health

Most Men  
aren't active enough  
to stay healthy



EXERCISE + MEN'S HEALTH  
FACT #3

**KYMF**  
#KnowYourManFacts

3 in 10 men with  
diabetes do not know  
they have it



DIABETES + MEN'S HEALTH  
FACT #5

**KYMF**  
#KnowYourManFacts

**Move more**  
A short daily walk  
can add 3 years  
to your life



EXERCISE + MEN'S HEALTH  
FACT #8

**KYMF**  
#KnowYourManFacts

Find out what health  
checks are right for you



MEN'S HEALTH CHECKS  
FACT #9

**KYMF**  
#KnowYourManFacts



Taking  
action

**5 ways to reduce  
your risk of diabetes:**



Exercise



Eat  
better



Manage  
weight



Quit  
smoking



Manage blood  
pressure



DIABETES + MEN'S HEALTH  
FACT #9

**KYMF**  
#KnowYourManFacts

Mateship keeps  
men healthy.  
Stay in contact  
with old mates.



MATESHIP + MEN'S HEALTH  
FACT #7

**KYMF**  
#KnowYourManFacts

Knowing CPR could save a mate!



MEN'S HEART HEALTH  
FACT #10



Learning to help a mate doing it tough can save lives

Follow the ABC:

A

Ask + Listen



B

Build a Plan



C

Connect to Help



MATESHIP + MEN'S HEALTH  
FACT #10



# Helping others

Be a men's health champion. Tell your mates you got checked

1

Get checked



2

Take action



3

Tell your mates



MEN'S HEALTH CHECKS  
FACT #10



Help your mates and family stay fit



Walk together



Play together



Train together



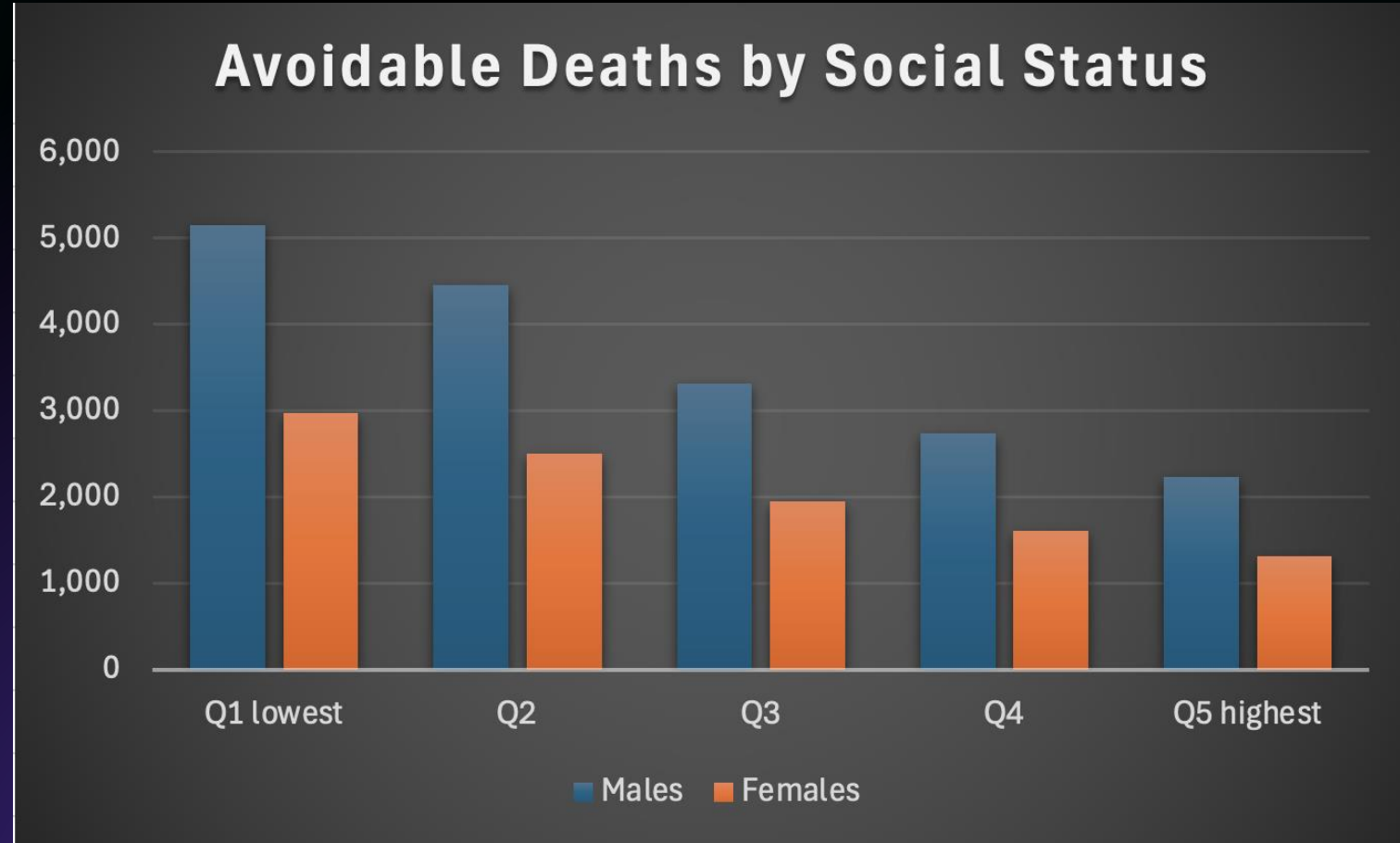
Compete together

EXERCISE + MEN'S HEALTH  
FACT #10



# Remember the Social Determinants of Men's Health

- 50 Australian men a day die from preventable causes before the age of 75
- Our risk of avoidable deaths is determined by our social background
- If all Australians had the same level of avoidable deaths as the richest 20% of women, we'd save over 15,000 lives a year. That's 40 lives a day:
  - > 30 men and boys a day
  - > 10 women and girls a day



Thank you



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