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## Definition

### Men's Health

#### Foundation of Men's Health, Berlin 24/4/2013

Men's health encompasses the dimensions of health and diseases which are particularly relevant to men and boys.

Health is a state of physical, psychological and social well-being resulting from a balance of risk and protective factors which is the responsibility of the individual, the partners, as well as being a collective responsibility.

Protective factors are a healthy and conscientious lifestyle, accepting one's strengths but also weaknesses as a man, meaningful experience and zest for life, social support and personal recognition.

Especially in men the risk and protective factors are unequally distributed, depending on education, ethnic and social background, income and professional position.

Health problems in men require special preventive and care services throughout life, which for the most part still need to be developed.

#### Expert group:

- Prof. Dr. Doris Bardehle, MD: Co-ordinator of the Scientific Board of the Foundation of Men's Health. Guest Lecturer at the Berlin School of Public Health. Editor of the First German Men's Health Report 2010.

- Prof. Dr. Bernhard Badura: Emeritus, Faculty of Health Sciences at Bielefeld University, Study Group 1: Health Systems, Health Policy, Health Sociology. Member of the Scientific Board of the Foundation of Men's Health.

- Dr. Winfried Czempiel: Managing Director of Forschungsgesellschaft mbH of the Foundation of Men's Health, Manager of the Dachverband der Prostatazentren Deutschlands E.V. branch office.

- Prof. Dr. Martin Dinges: Deputy Head of the Institute for the History of Medicine, Robert Bosch Stiftung, Stuttgart. Adjunct Professor for Recent History at the University of Mannheim. Coordinator of the research group for interdisciplinary Men's and Gender Studies. Member of the Scientific Board of the Foundation of Men's Health.

- Dr. Michael Hettich, MD: Chief Physician of Psychosomatic Medicine and Addictions, Clinical Centre Wahrenndorff, Sehnde, district of Ilten near Hannover. Member of the Scientific Board of the Foundation of Men's Health.



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- Prof. Dr.rer.soc. Anne Maria Möller-Leimkühler: Managing Social Scientist at the Psychiatric Clinic for Psychiatry and Psychosomatic Medicine, Ludwig-Maximilian-University, Munich. Member of the Scientific Advisory Council of the Foundation of Men's Health.
- Babak Rafati: Author of the book: "Ich pfeife auf den Tod", pub. Kösel Verlag 2013, ex-Fifa and Bundesliga referee
- Dr. Matthias Stiehler: Chairman of the Dresden Institute for Adult Education and Public Health, Board Member of the German Society of Men and Health, Editor of German Men's Health Reports 2010 and 2013
- Olaf Theuerkauf: Managing Director of the Foundation of Men's Health Berlin. Member of the Scientific Board of the Foundation of Men's Health.
- Prof. Dr. Lothar Weißbach: Scientific Director of the Foundation of Men's Health Berlin. Editor of the Second German Men's Health Report of the Foundation of Men's Health 2013

**Moderation:** Prof. Dr. phil. Winfried Zinn: Metrics Research Group - Bermuthsheim