



A COMMUNITY-BASED APPROACH TO MEN'S HEALTH & LONGEVITY

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1. Study Aim

To **evaluate** a **men's health-promoting community-based programme**. The **growth of successful programmes is limited** due to a **lack of evaluation** of what makes them successful.¹⁻³

2. Rationale

Men's health still lags behind women.¹⁻²
The factors that make health programmes for men successful are not well understood.^{2 4-5}



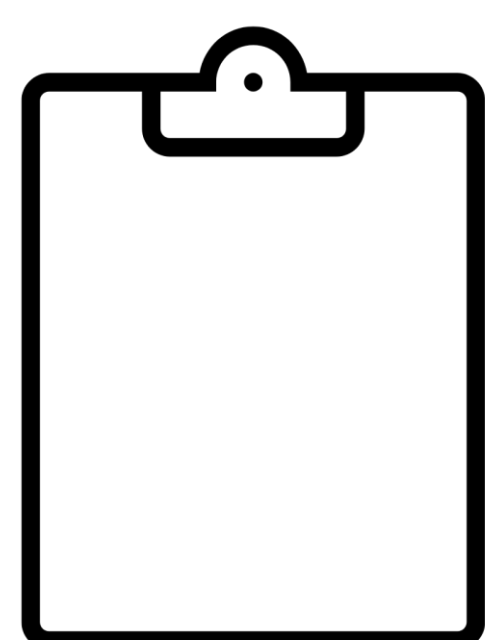
National Men's Health Action Plan HI 2024-2028

More research is needed to understand what influences men's participation, commitment, and programme success.¹

Sláintecare & Programme for Government 2025+

"Ireland's ageing population presents challenges and opportunities... a strategic and coherent policy response is required."⁶

3. Method



Survey of a men's health programme with older male participants (32), a **focus group** (11) and **stakeholder interviews** (4).



Qualitative

4. Participants (in years)

73.4 Average age

60-96 Age range

3.72 Average programme attendance in years

5. Reported Health Impacts

72% Increased physical activity

81% Met recommended physical activity guidelines⁷

83% Less fear of falling

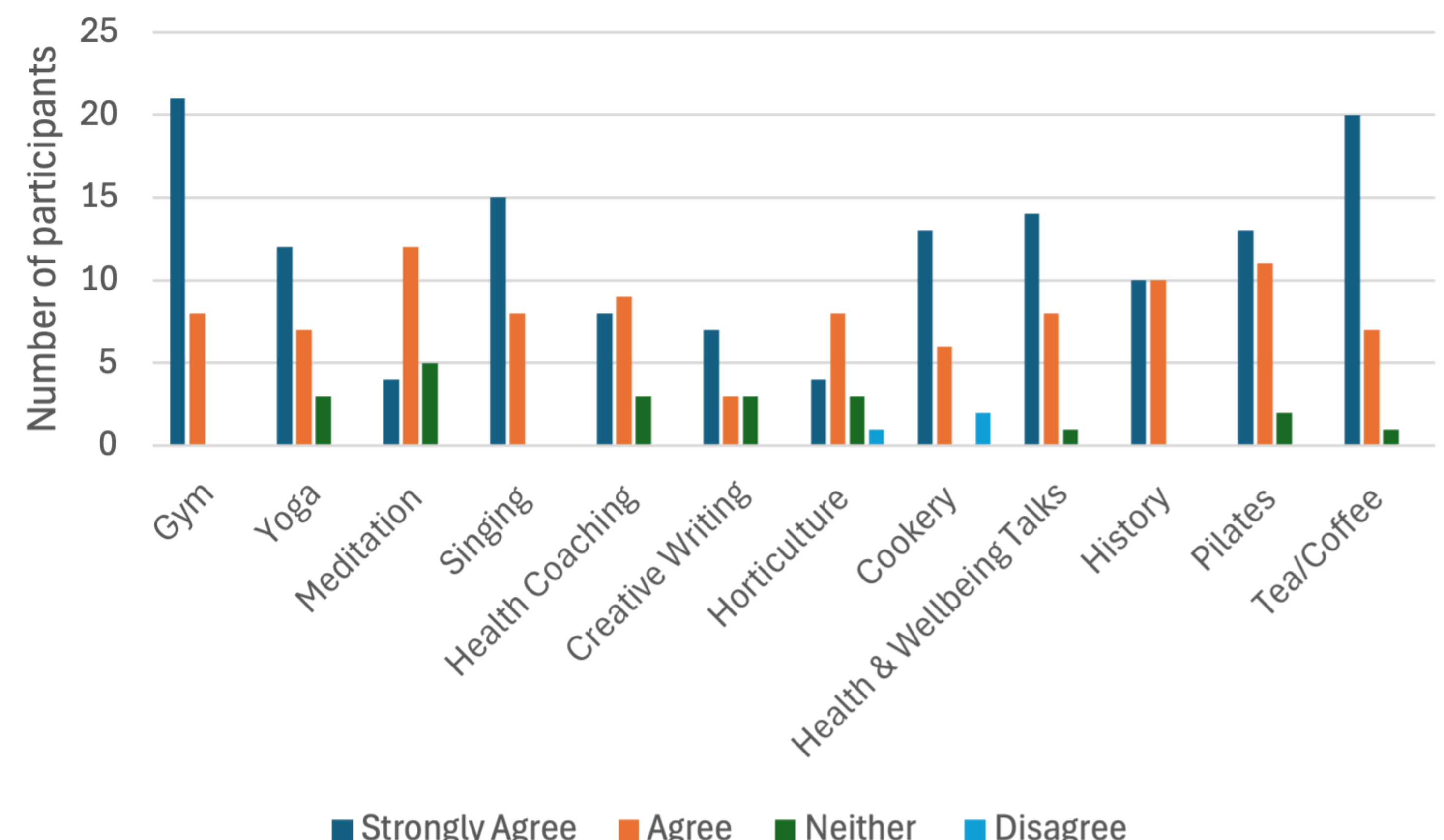
97% Positive mental health

96% Satisfactory sleep quality

93% Sense of belonging

6. Programme Effectiveness

This programme reached at-risk, hard-to-reach, socioeconomically diverse, and lonely men which were older than comparable studies.⁸



■ Strongly Agree ■ Agree ■ Neither ■ Disagree

Figure 1. Health and Wellbeing Benefits by Programme Element.

Improved Quality of Life

- Better physical and mental health
- Stronger sense of belonging
- Improved social connections
- Achieved above despite frailty risk

Factors influencing success

- Designed around local men's needs
- Flexible participation and orientation programme
- Strong support from the local Education and Training Board
- Inclusive spaces, strategic partnerships, long-term vision and co-delivery

Challenges

- Limited funding and resources
- Restricted venue capacity
- Implementation and scale-up



Chronic disease reduction, falls prevention, social isolation reduction, and positive mental health = **saves public money**

7. Call to Action

Address policy-practice gap by funding services, dedicated resources and sustainable investment.

Sláintecare & Programme for Government 2025+

Commits to initiatives aimed at supporting people to live at home and in their own community.⁶

Department of Health Statement of Strategy 2023-2025

Develop a plan to tackle loneliness and isolation in older people.⁹

National Men's Health Action Plan Healthy Ireland 2024-2028

Prioritise evidence-based actions to reduce loneliness, strengthen community participation, support mental health, and improve service access for men.¹

8. Meets Sustainable Development Goals¹⁰



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