



Men Matter: An OPPORTUNITY FOR THE PROFESSION

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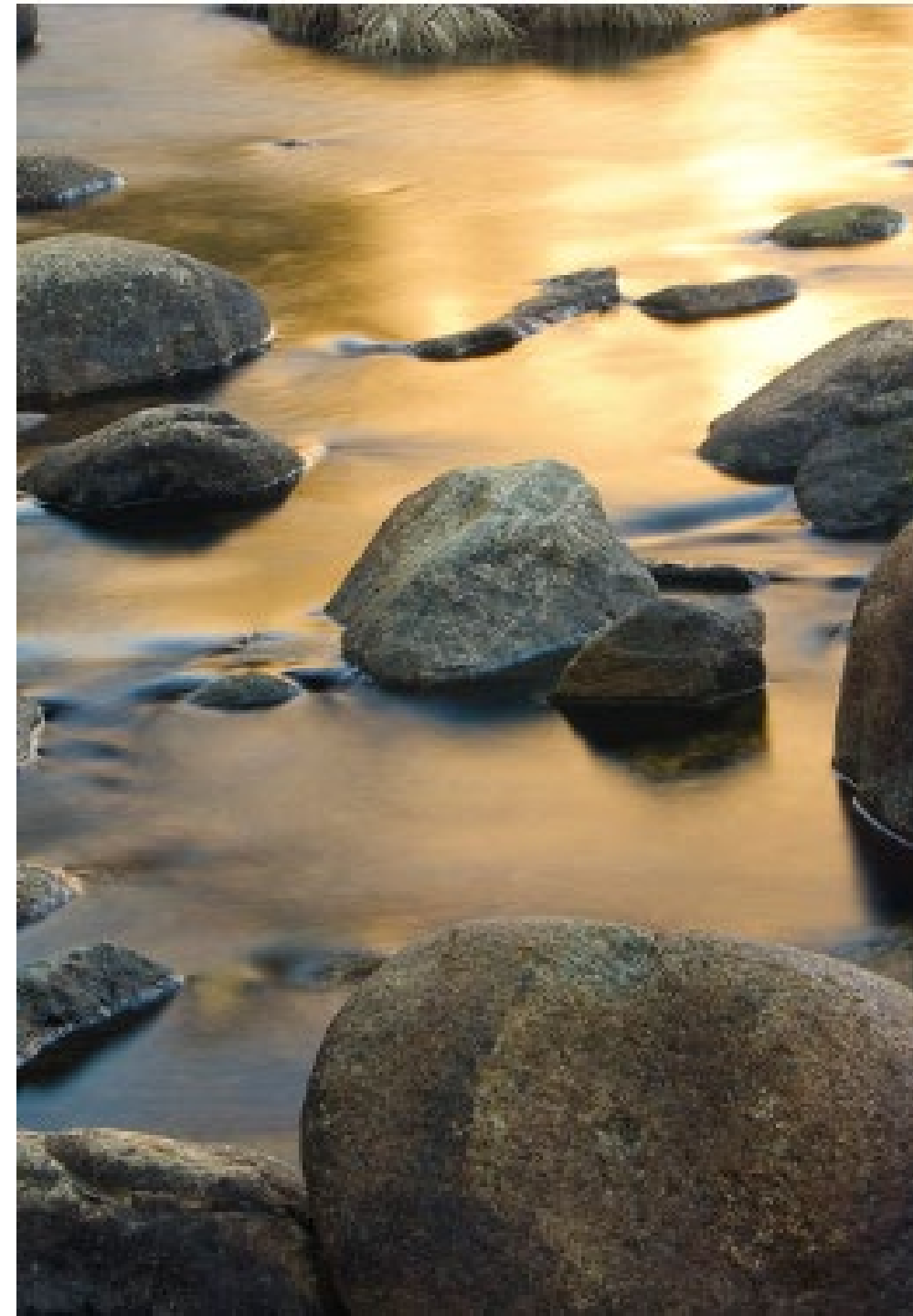


Dr. Gabriela Perez



■ “A stone in a river is just a stone until you look inside and see the wonders that are hiding.”

■ -Dr. Mrabe



OBJECTIVES

- Discuss the current discourse surrounding men's health promotion
- Identify key multi-level factors related to men's health and wellness across the lifespan
- Discuss Scoping Review Performed and areas of focus for Men's Health Outcomes
- Discuss the multilevel approach to addressing men's health promotion
- Identify and discuss potential roles for occupational therapy in addressing men's health

Current Discourse: What We Think We Know?

Men experience increased opportunities



Men's Health is solely a byproduct of lifestyle

Men's Health only reflects gender differences and binary discussions around health

Societal norms promote better male health outcomes

(Moon, 2018; McKenzie et al., 2022)

WHAT WE THINK WE KNOW ABOUT MEN'S HEALTH



Men experience shorter life expectancies than women globally (Halcomb et al., 2024)

Men experience high levels of chronic disease that include COPD, CVA, and ischemic heart disease (Gilbert & Pope, 2023).

Despite having lower rates of diagnosed mental illness, men experience higher rates of suicide (Black et al., 2022).

Updated Statistics on Men's Health

INDICATOR	LATEST STATISTICS (2024–2025)
Prevalence of mental health issues (Male vs Female)	6.1% males vs 3.8% females (CDC, 2024)
ADHD prevalence (Male vs Female)	14.2% males vs 4.6% females (NIH, 2024)
Suicide rate (Male vs Female)	Males 3.9x higher than females (CDC, 2024)
Fair-poor health status among men 18+	15.3% of men 18+ (National Health Interview Survey, 2024)
Leading causes of death (CVA, IHD, COPD)	72.8% of global deaths (WHO Global Health Estimates, 2024)

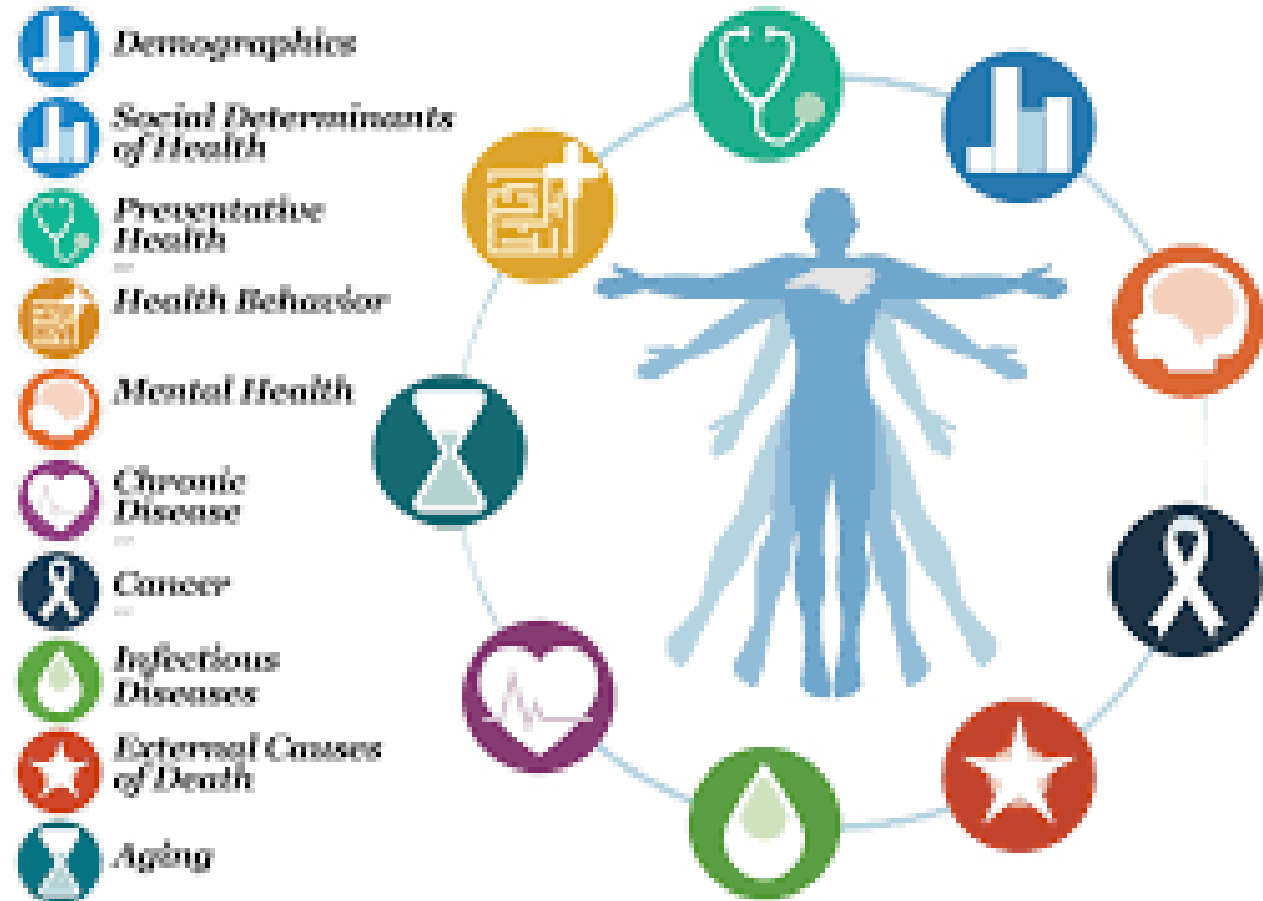
A MULTILAYERED ISSUE

(HATTJAR, 2024)



WE ARE ALL DYNAMIC SYSTEMS

- Physical Factors
- Psychological Factors
- Lifestyle Factors
- Sociocultural Factors



Physical Factors

Biological Influences

- Gender and Genetic Differences (Parent & Sanchez, 2019).
- Men are more susceptible to:
 - Cardiovascular disease, diabetes, or reproductive issues (Davey et al., 2015; Bello-Lujan et al., 2022)

Physical Environment

- Climate
- Landscape
- Work environments (Miglior et al., 2021).



Psychological Factors

Undiagnosed (Möller-Leimkühler, 2003; Gough, 2020).

Higher Suicide Rates (Black et al., 2022).

Inconsistency with treatment (Hassouneuh & Fornero, 2021).

Stigma (Opazda et al., 2024).

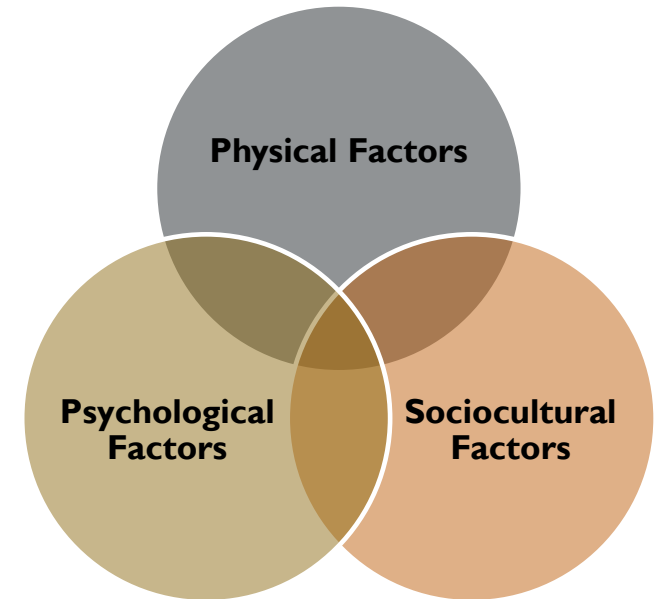


Lifestyle Factors

Complex interplay between work and health
(Elterman & Pelman, 2014)

Lifestyle is modifiable

Contribute, alongside unmodifiable factors to increased occurrence of chronic disease and early mortality rates (Rotimi & Singh, 2024; Cho et al., 2024).



Sociocultural Factors

Indirect sociocultural norms impact their health engagement (Halcomb et al., 2024). Shaping male interactions with larger health structures (Chatmon, 2020; Egan et al., 2022).

Male-dominant fields of work (Eley et al., 2019; Gough, 2020).

Prioritization of work and family over personal well-being





MEN'S HEALTH HAS LASTING IMPACTS



The Impact of Men's Health



Impaired family health of both women and children (Bonhomme, J. J., 2007)



Family and societal economics (Bonhomme, J. J., 2007)



Decreased stability of relationships (Bonhomme, J. J., 2007)



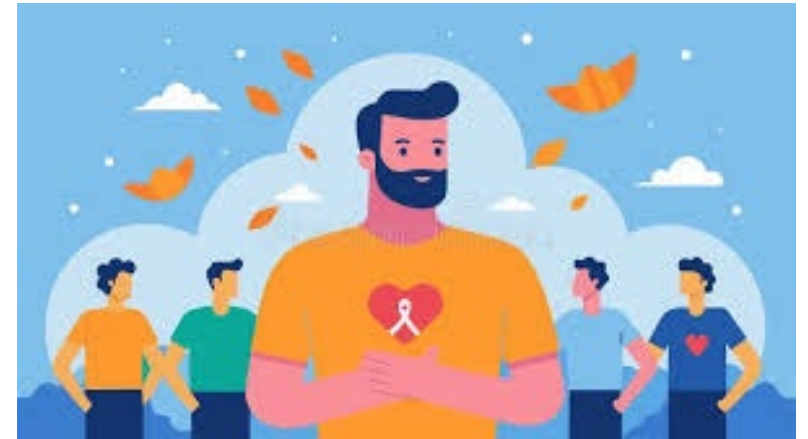
Diving a little Deeper

Societal Economics

- Lost time in work
- Decreased work productivity
- Women and children experience financial hardship and increased death rates

Women and Children's Health Outcomes

- Increased occurrence of birth defects and infectious disease





MEN'S HEALTH AND OCCUPATION AL THERAPY

Scoping Review

- **Methodology**

- Arksey and O'Malley (2005) framework that contains six key steps:

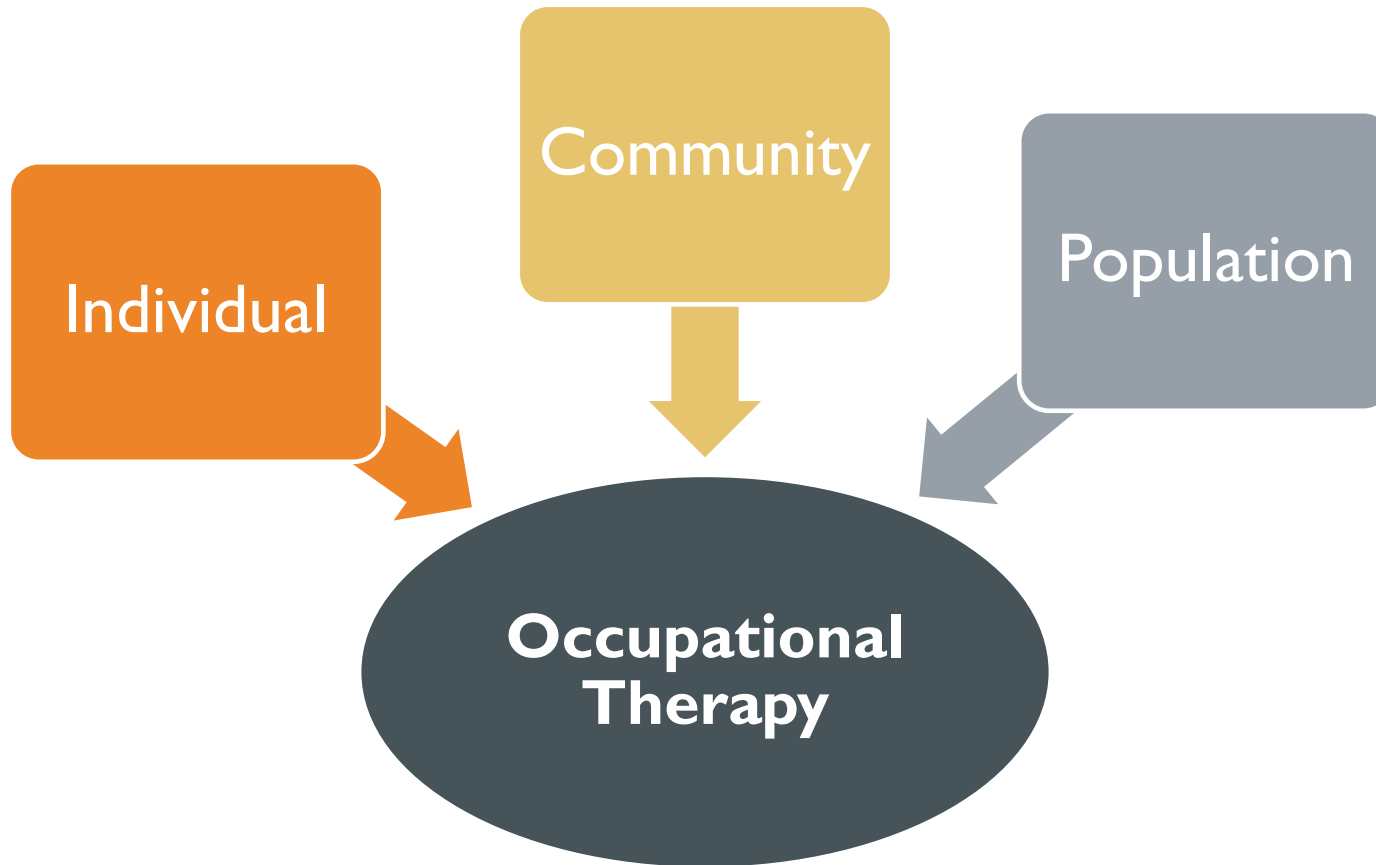
1. Identifying the Research Question
2. Identifying Relevant Studies
3. Study Selection
4. Charting Data
5. Collecting, Summarizing, and Reporting
6. Consultation

Scoping Review

- **Results**

- 47 databases were searched using our research questions and key words
- 28 articles were found and included in the sample
- 85% of the articles identified and utilized in the study were research-based
- Following screening process, 13 of the 28 articles were found to have been relevant to the research structure
- Majority of articles expressed overarching themes related to occupational therapy treatment that involved novel experiences for a small portion of the male population.

Opportunities for Impact in OT



ADDRESS TWO KEY ISSUES

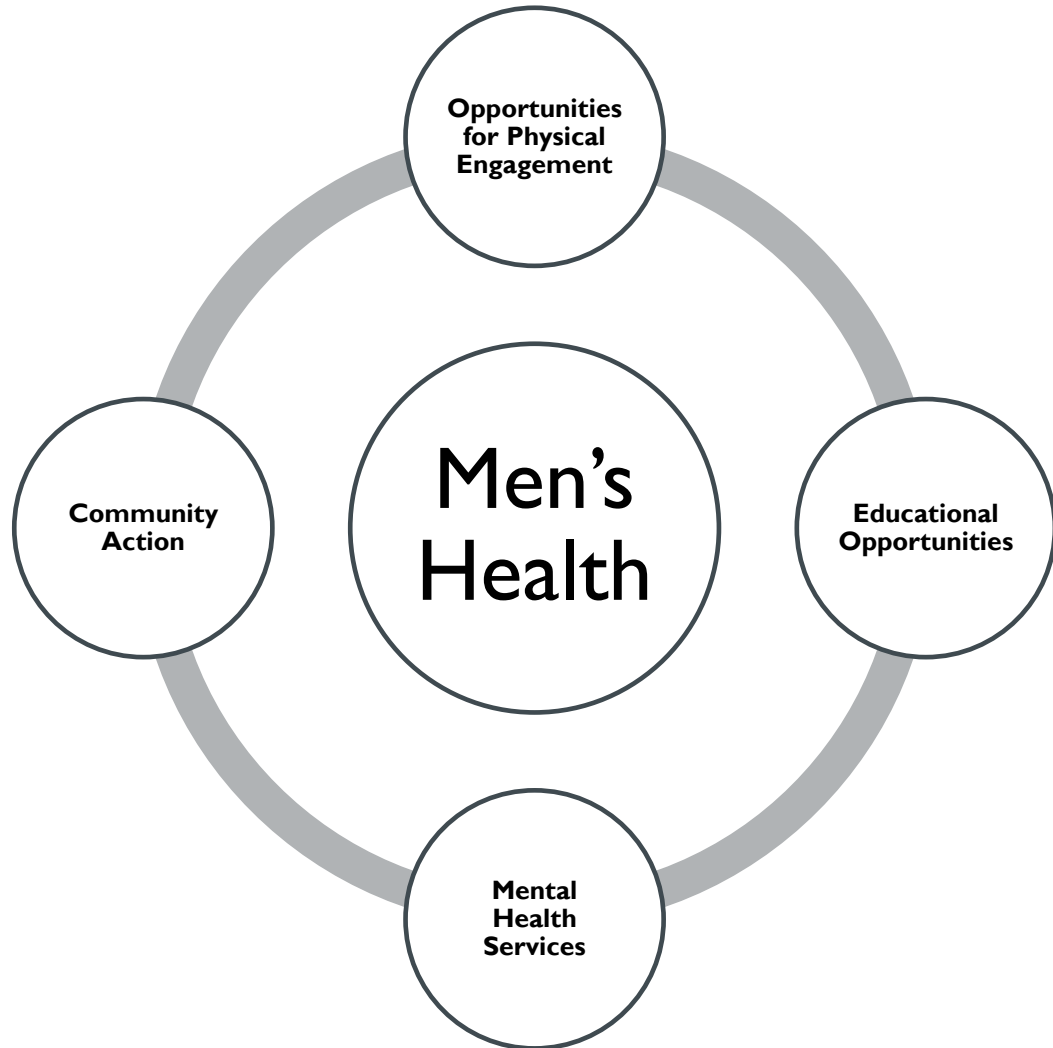
**Occupational
Imbalance**

**Occupational
Deprivation**

INNOVATIVE SOLUTIONS



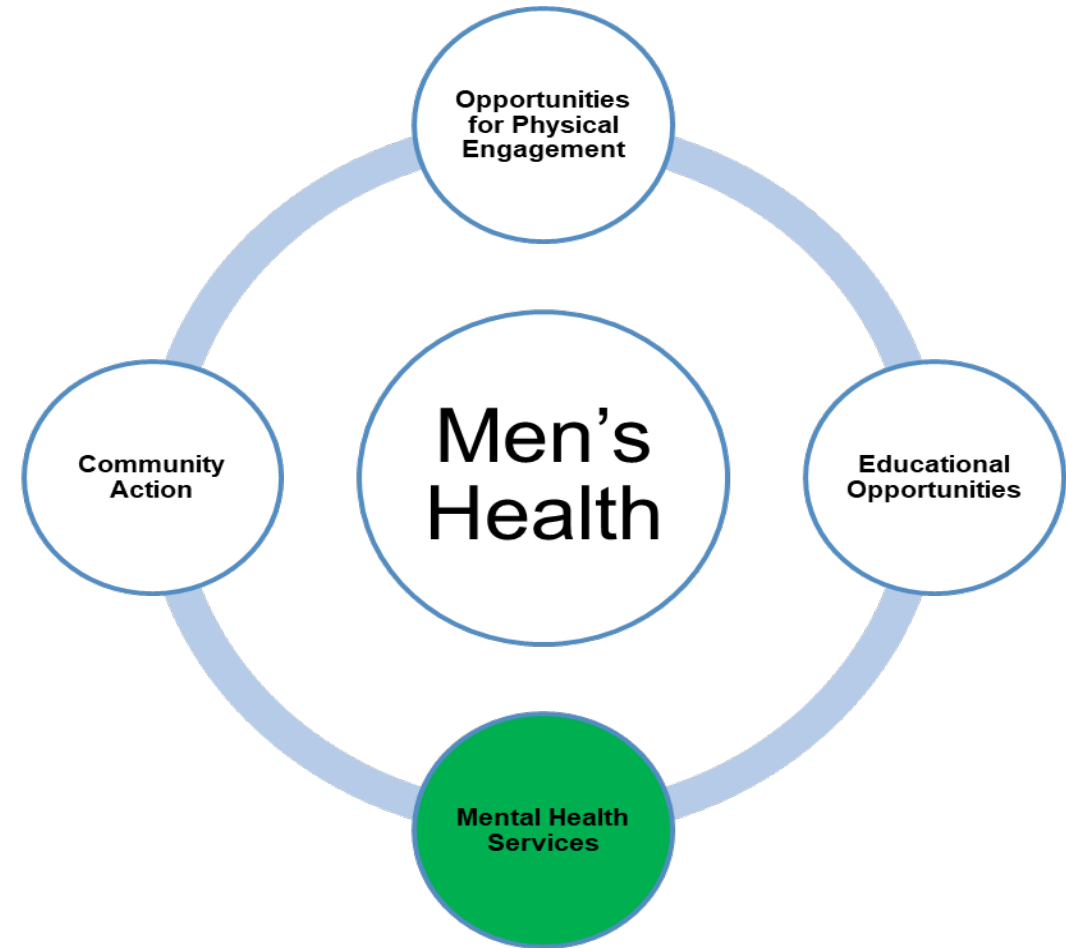
A Three-Pronged Approach



- Macro-Level
- Meso-Level
- Micro-Level

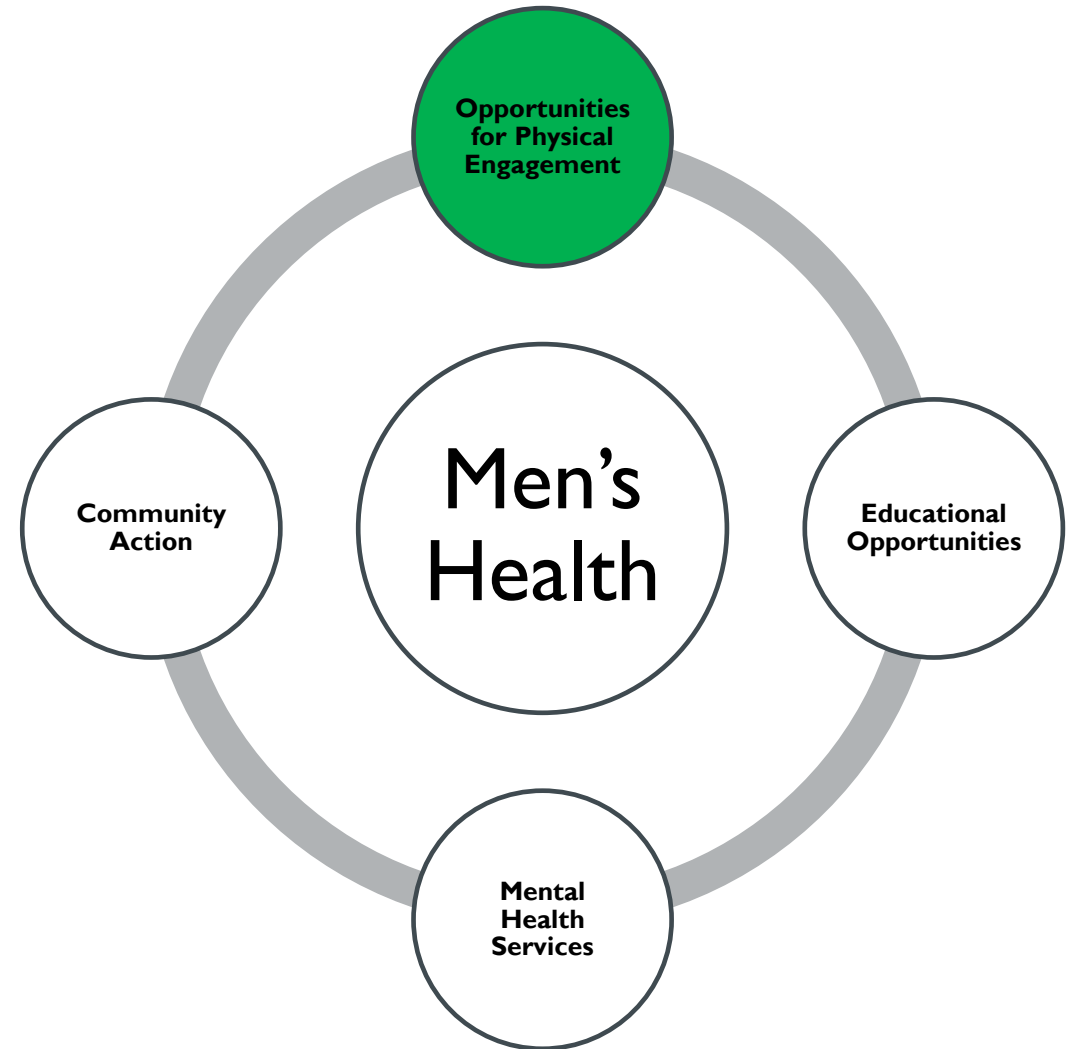
Addressing Mental Health Challenges

- Stress management workshops
- Social support groups
- Suicide prevention
- Cognitive behavioral therapy
- Drug and Alcohol Abuse classes
- Mental Health Therapy
- Stress Resilience
- Gender roles and Identity



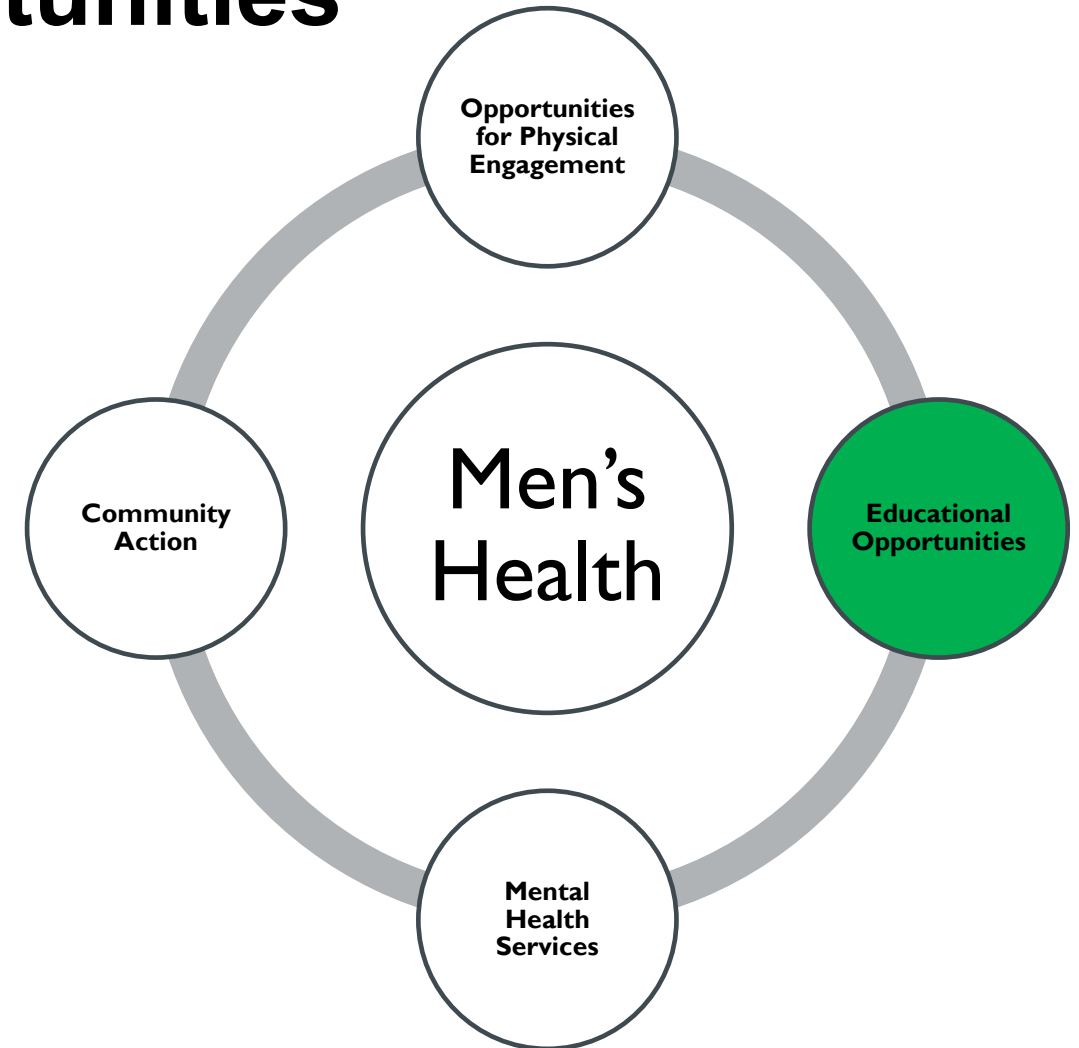
Opportunities for Engagement

- Community/group exercise
- Yoga
- Combat Sports
- Fantasy sports leagues
- Pelvic floor exercises
- Age-appropriate functional exercise programs



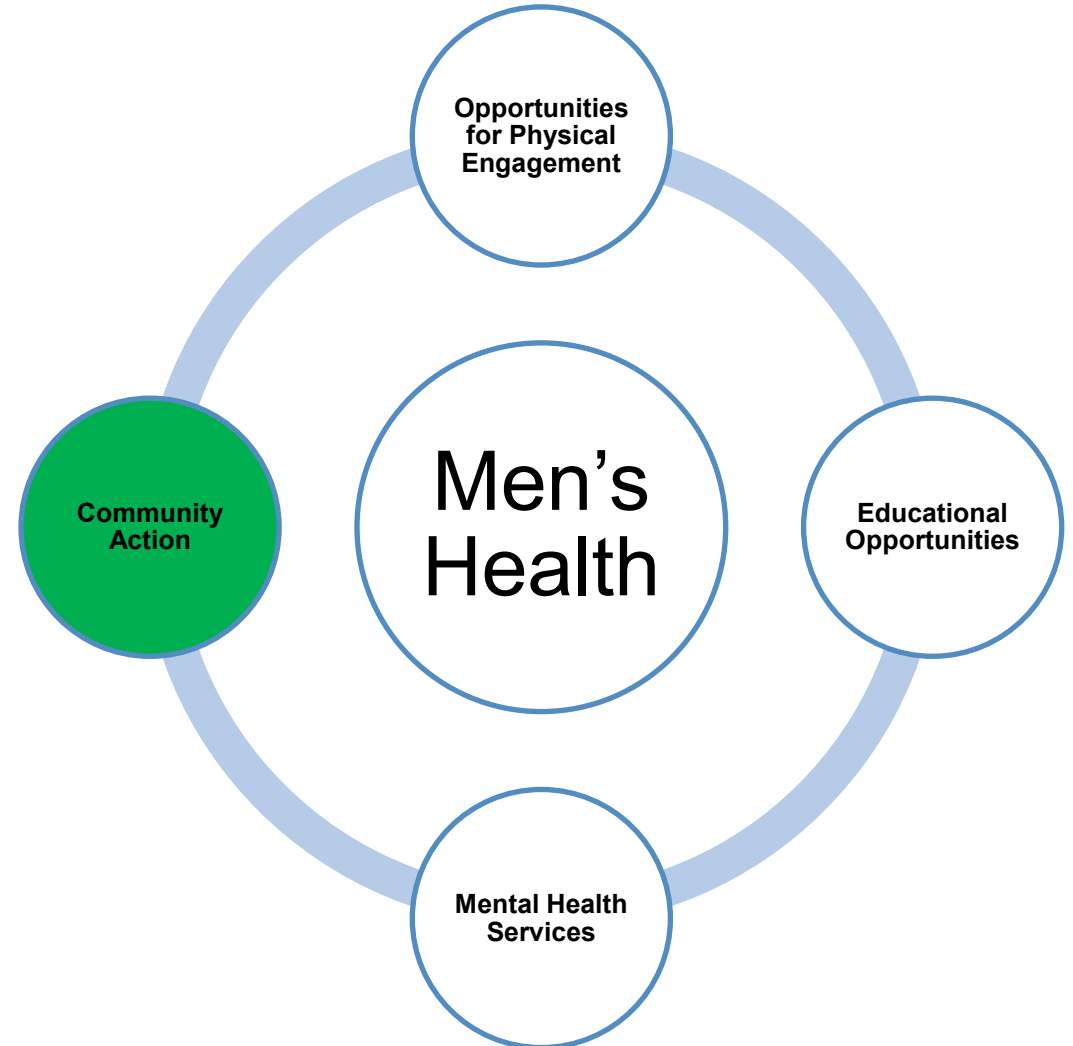
Creating Educational Opportunities

- Regular screenings geared towards disease prevention
- Dispelling cultural stigmas
- Timely discussions focused on age-appropriate health issues
- Referrals for community health resources and services
- Cardiac lifestyle intervention
- Role balance



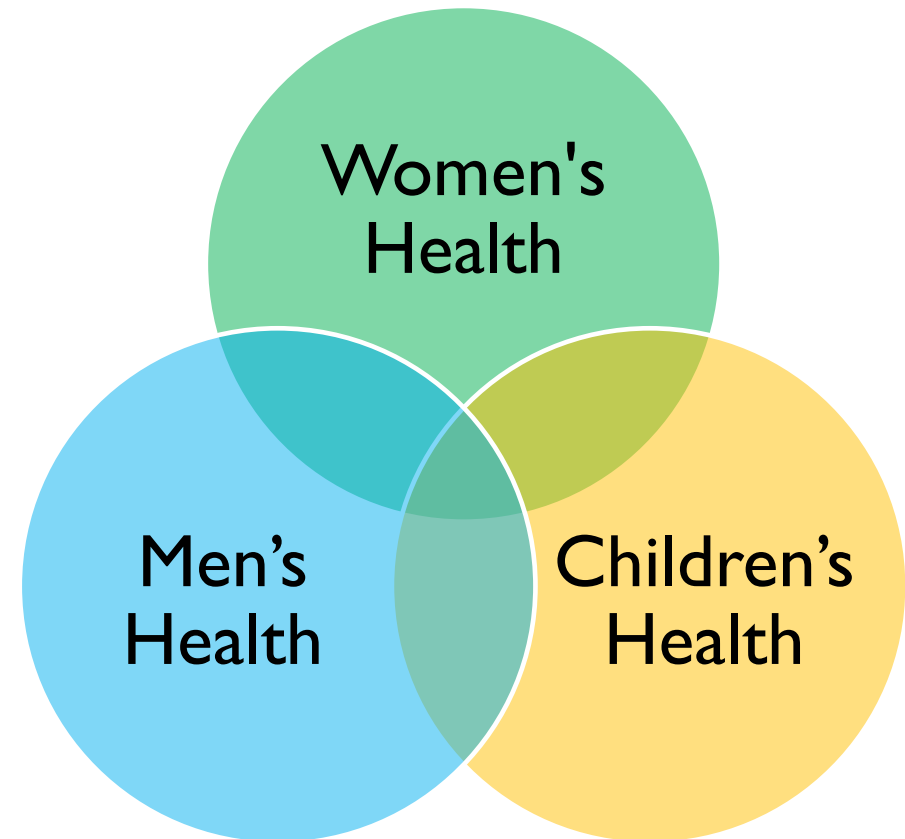
Implementing Community Action

- Community Health Centers providing:
 - Culturally Competent Care
 - Preventive care, chronic disease management, mental health support, and health education
 - Raise awareness about men's health issues
 - Building trust within the community



Implications for the Profession

- **Occupational therapy can address male health outcomes in:**
 - Promoting preventive health measures
 - Education of practitioners and society (including men, women, and children)
 - Advocacy at national and international levels



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Thank you

