

Men's Health



JUNE 2019

Men's Health Week is running nationally **10 - 16 June** this year, but NHS Warrington CCG are planning something a little bit different.

Although Warrington CCG is a team made up of mostly women, it's important to us to support our male colleagues, as well as the men in our personal lives - **and that starts with learning a bit more about them.**

We're not talking about why they love football *so much*, or what the fascination with fishing is, but the important things like what keeps them healthy and what puts them at risk...



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So, this June, we are building on Men's Health Week by highlighting the importance of Men's Health **EVERY** week throughout the month at our Tuesday morning Team Brief Sessions, in what we're calling...

The Tuesday Blues

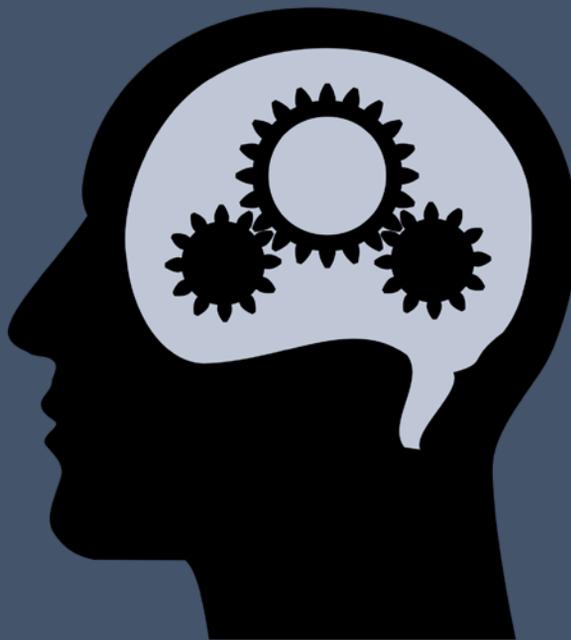
...and we want to share this with you!
So each week, we will be sending out a special Newsletter to highlight the importance of Men's Health with a profile from one of our members in each edition.

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WEEK ONE



Keeping the mind active with

The Quiz

THE QUIZ

1 How many UK men had no sex last month?

A.14%

B.29%

C.43%

D.64%

2 On the day they were knocked out of Euro '96 on penalties, heart attack deaths in the Netherlands increased by...

A.25%

B.50%

C.80%

D.14

3 How many years longer do the richest men live compared to the least well-off?

A.22

B.10

C.6

D.4

THE QUIZ

4 How many years does smoking take off your life?

A.7

B.10

C.11

D.17

5 How many years can a healthy lifestyle add to your life?

A.7

B.10

C.14

D.50

6 Weight around your middle is a health risk. What is the danger sign for “hazardous waist”?

A.35.5
inches

B.37
inches

C.38
inches

D.40
inches

THE QUIZ

7 Each week, we should aim to spend 150 minutes doing what?

A.
Exercising

B.
Eating

C.
Having Sex

D.
Playing with our
phones

8 How many men in the UK die before they are old enough to retire?

A.12%
(1 in 8)

B.20%
(1 in 5)

C.25%
(1 in 4)

D.40%
(2 in 5)

9 Alcohol. What's the NHS suggested maximum number of units a week for men?

A.0

B.8

C.14

D.21

THE QUIZ

10

What is “normal” blood pressure?

A.

140 over 90

B.

120 over 80

C.

90 over 60

D.

22 over 7

11

How many calories does the average man need a day?

A.1330

B.2000

C.2400

D.3400

12

Which burns the most calories?

A.

Swimming

B.

Dancing

C.

Moving furniture

D.

Roofing

E.

Chopping wood

F.

Using a step machine

THE ANSWERS

1	How many UK men had no sex last month?	B. 29%
2	On the day they were knocked out of the Euro '96 on penalties, hear attacks in the Netherlands increased by...	B. 50% D. 14 (which equals B)
3	How many years longer do the richest men live compared to the least well-off?	A. 22 years
4	How many years does smoking take off your life?	B. 10
5	How many more years can a healthy lifestyle add to your life?	C. 14
6	What's the dangers sign for "hazardous waist"?	B. 37 inches
7	Each week, we should aim to spend 150 minutes doing what?	A. Exercising
8	How many men in the UK die before they are old enough to retire?	B. 20% = 1 in 5
9	What's the NHS suggested maximum number of units a week for men?	C. 14 = That's about 6 pints on average
10	What is "normal" blood pressure?	B. 120 over 80
11	How many calories does the average man need a day?	C. 2400
12	Which burns the most calories?	All about the same!

MIAN KNOWLES

PROFILE



Age

49

Job Title

Senior Information Analyst

Department

Performance & Contracts
NHS Warrington CCG

Role

Wide ranging role of analytical duties to support planning & monitoring of mainly secondary care acute

contracts. Support commissioners to build cases for change in respect of patient pathways via health storyboards. CCG lead for operational activity planning.

Interests

Avid supporter of St Helens Rugby League Club & Liverpool Football Club. Volunteer at Blackbrook Junior Rugby League club, being the team administrator & touchline manager for my son's team.

Body & Mind

I have always struggled from a young age with anxiety, depression & physically controlling my weight, which often go hand in hand. Physically, I try to be active (my old bones permitting) and to have a healthy diet. In respect of my mind I try to remember that **it's ok not to be ok at times & that I am not alone in this.** It's ok to be sad & upset, just as it's ok to be happy. We all have these feelings at some point in our lives.

I pride myself in always being there for other people & anyone who needs to talk about their issues. **I know that a smile can hide a thousand problems but a smile & laughter can also cure a thousand ills.** For both the physical & mental aspects of life, every day is a new day so I will always try to focus on the positive things in my life, my children, my family, my friends and activities that make me happy.