

Effective public health education in men's health

Abstract

Men have been marginalized, despite the fact that they were more dominant than females. They always have a higher risk of injury due to occupational hazards and have higher mortality than females. In general, rate of injury at works, roads, schools and places of recreation are higher among men. Similarly, the physical disabilities are higher in males. Prevalence rates of hypertension and newly diagnosed diabetes mellitus are also higher among men. This reflects the high rate of exposure to risk factors in men such as improper food intake, smoking and alcohol intake. In addition, men do not take action immediately to get treatment when they have symptoms of disease. It is quite common, the disease is detected late in men and they are exposed to early death. It is a habit of men who are not concern about their health as they usually are the head of the family and the main breadwinner. They should be strong or look strong in order to support the family economically and socially. This causes them not to take serious precautions to prevent disease. Men are also less prepared to attend the health talk, less attending the health screening or providing time for recreation and eating nutritious meal. Effective preventive action should be taken by the government and NGOs to promote male involvement in disease prevention activities in order to maintain the continuity of humankind in the future.