



*Public Health Directorate*

# The Jersey Men's Health Report

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States  
of Jersey

# The State of Men's Health Report

- Inspired by the European Commissions report *The State of Men's Health in Europe* published in 2011
- Jersey report compiled and published 2014
- Uses data available at year-end 2013
- Range of sources
  - JASS
  - Census and Population information
  - Health Profile and deaths reports
  - HIU data sources
  - Police & Social Security
- Uses OECD, UN and EuroStat information for comparisons

# The State of Men's Health Report



- The pattern of male health in Jersey is **broadly similar** to that seen in Europe;
- The data demonstrates a **substantial health inequality** exists for men locally

# Summary

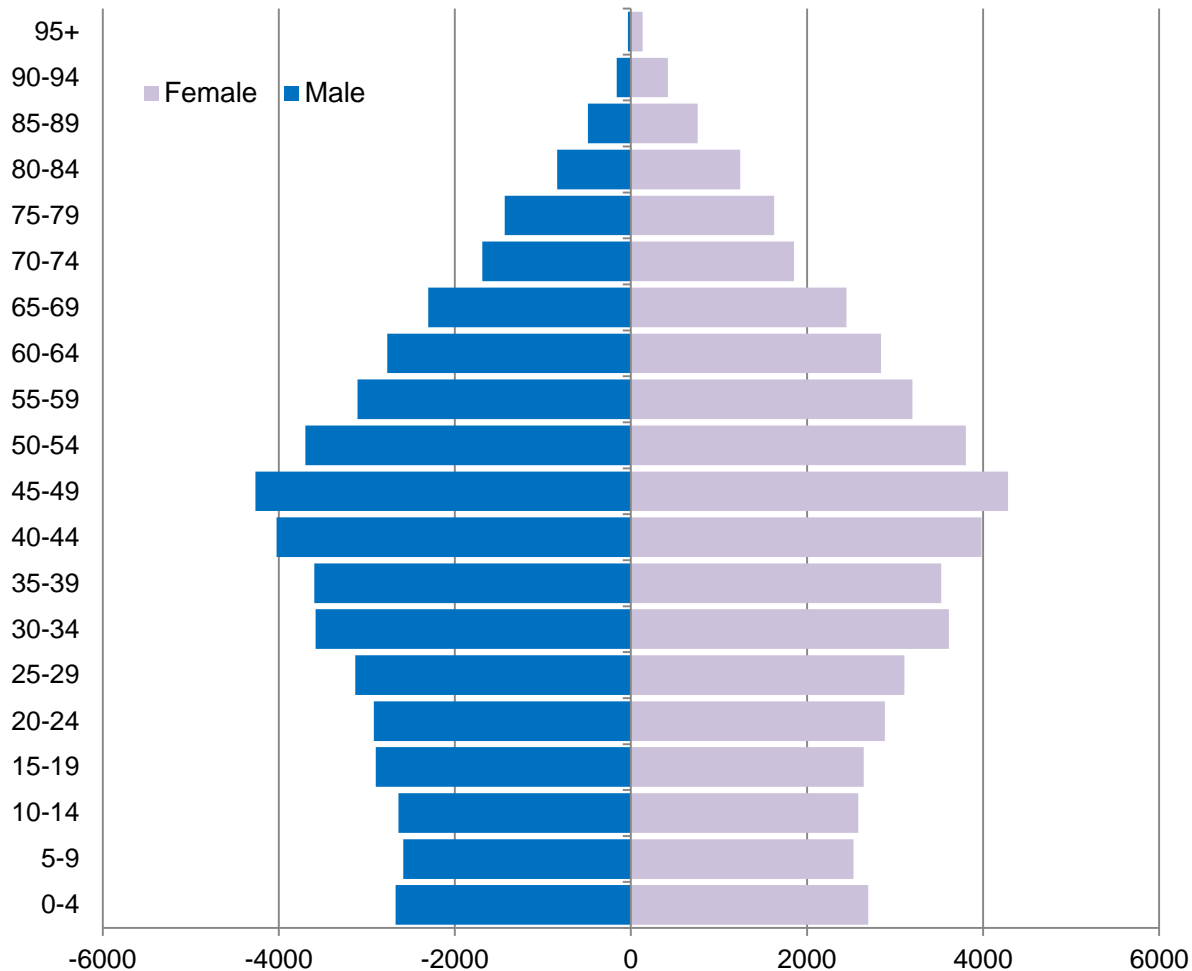
- Lifestyle and behavioural risk factors account for a **high proportion of premature male death** locally;
- Smoking and alcohol consumption is **highest** amongst men;
- 1 in 5 of all male deaths is **smoking-related**;
- A third of men are **overweight**, whilst **1 in 6** is **obese**;

# Summary

- Men are more likely to die younger - **1 in 4** male deaths occurs in working age;
- On average around **120 male deaths** a year are considered avoidable, compared to **70 female deaths**;
- Men are **58% more likely** to die from cancer than women, and have a **higher risk** (29%) of developing cancer than females;
- Cardiovascular diseases cause **over 100 male deaths** a year;
- Men have a **higher suicide rate** than females.

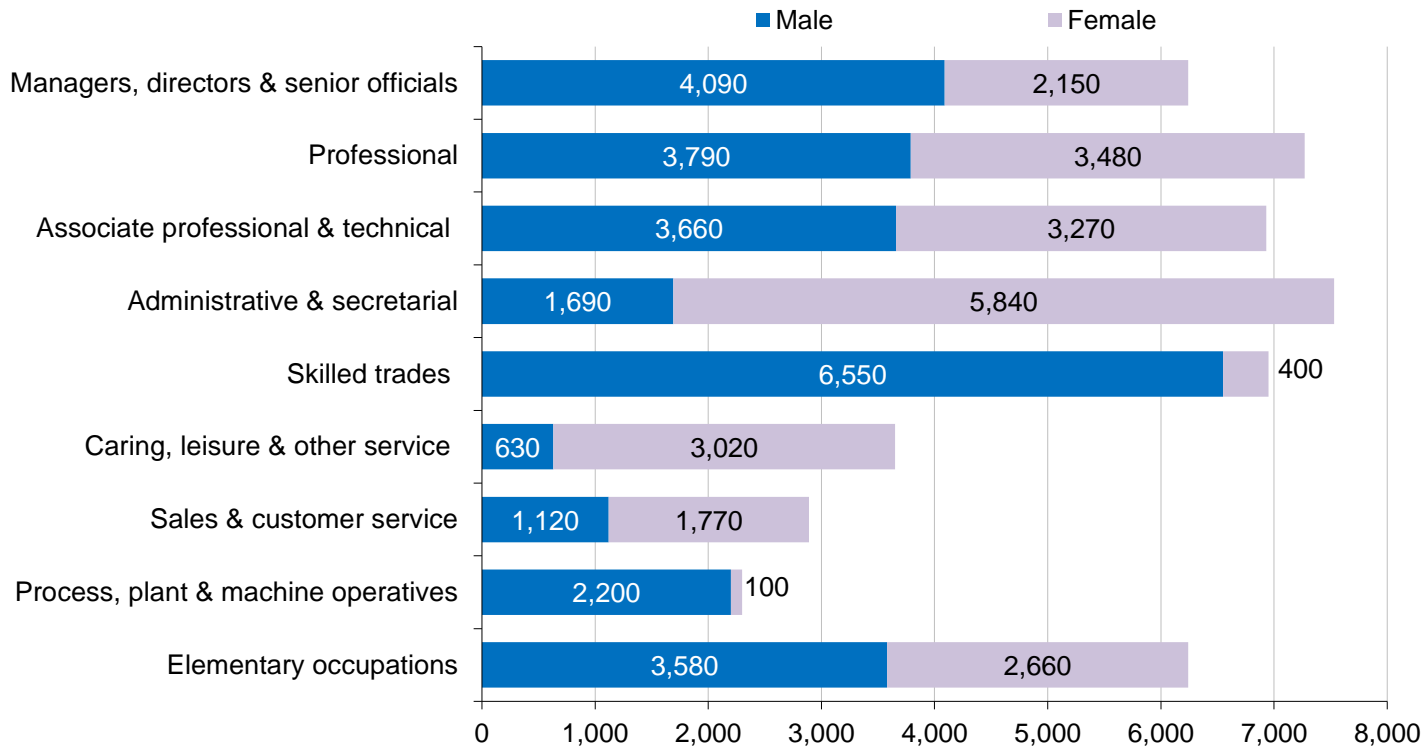
# Male Population

Population structure of Jersey, 2012



# Male Population

## Major occupations of working age adults, 2011

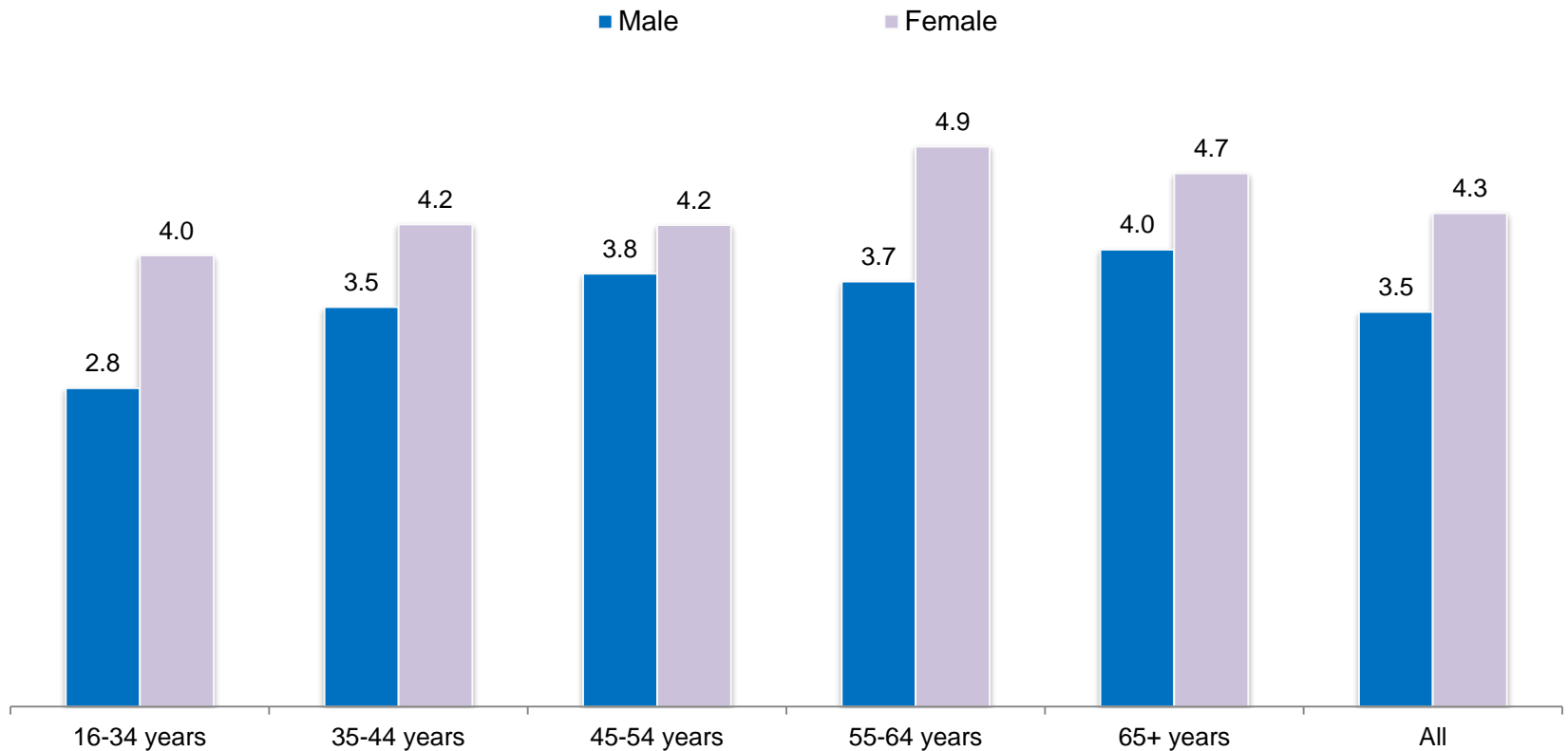


Source: Census 2011

- Proportionally more men than women are employed in Process, plant and machine operations, skilled trades and as Managers, directors and senior officials.
- As men tend towards more manual jobs, their risk of workplace injury increases.

# Lifestyle and preventable risk factors

Average (mean) number of portions of fruit and vegetables eaten in the previous 24 hours

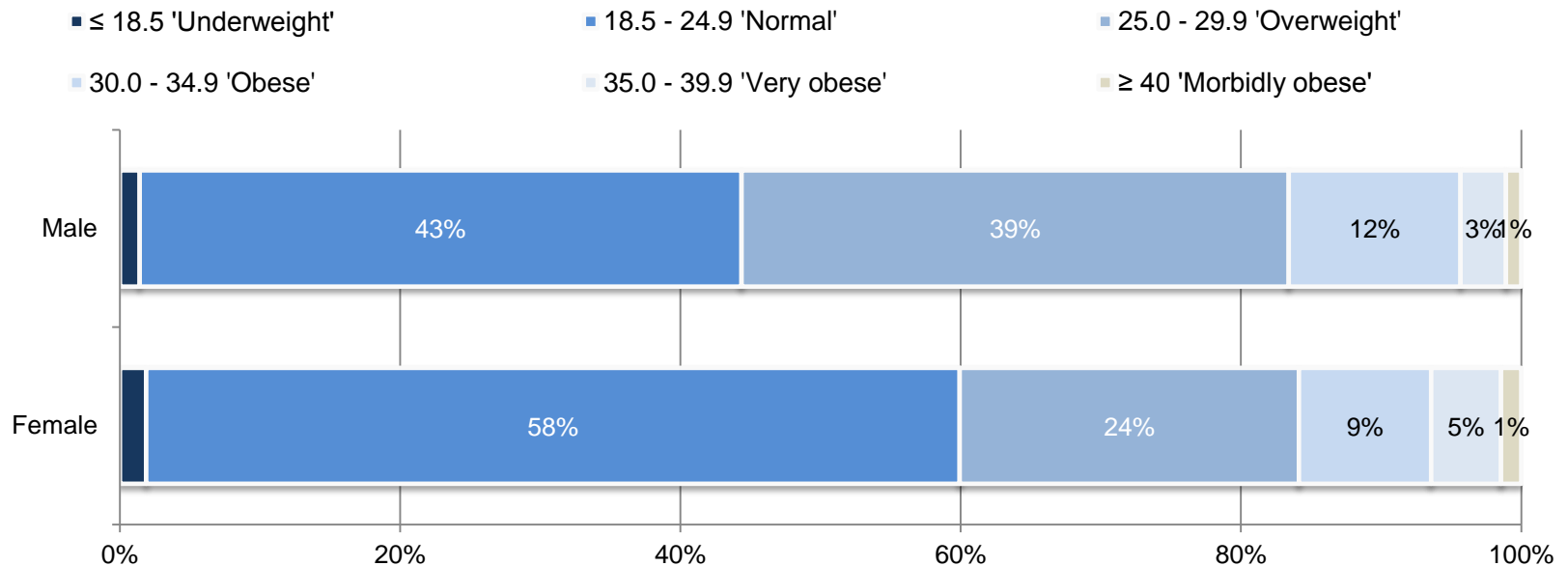


Source: JASS 2013



# Lifestyle and preventable risk factors

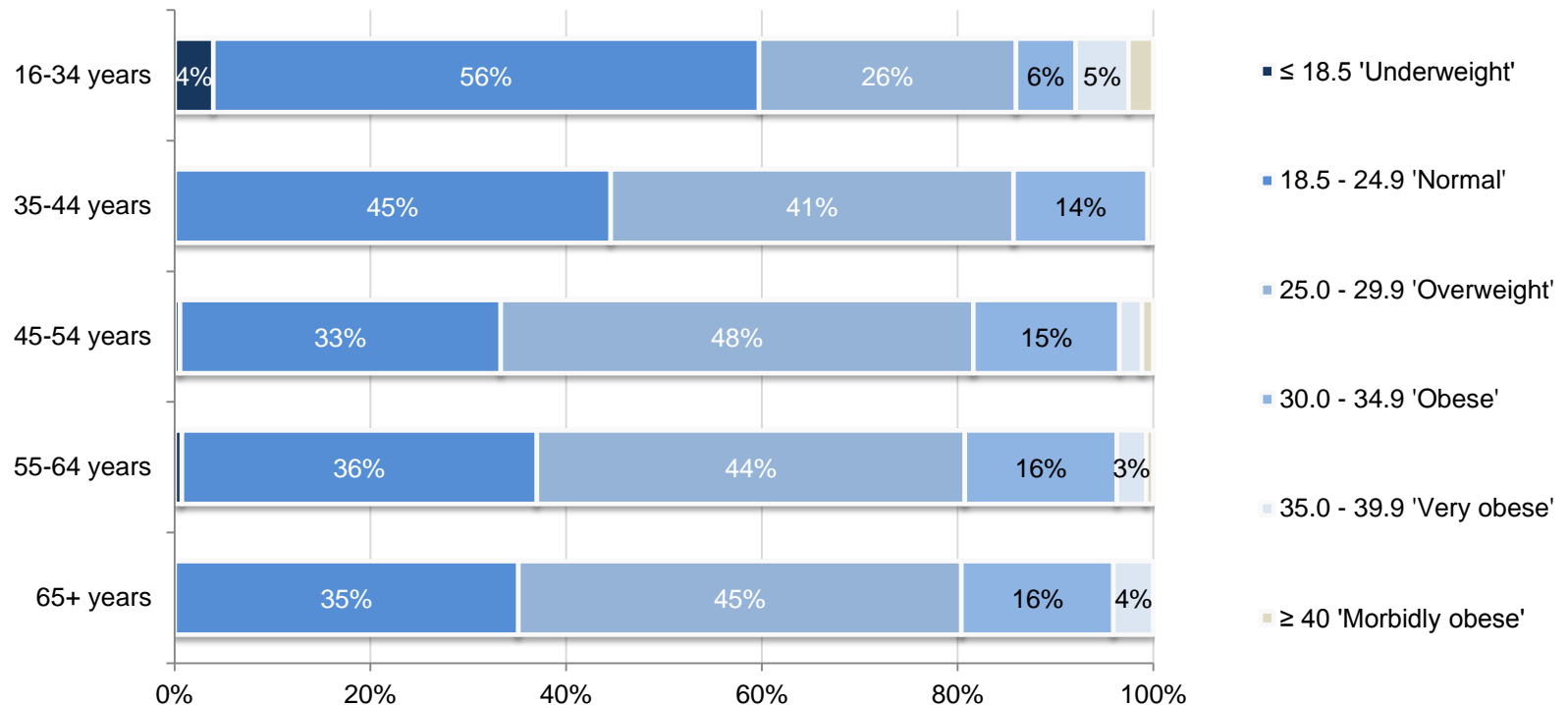
## Body Mass Index by gender



Source: JASS 2013

# Lifestyle and preventable risk factors

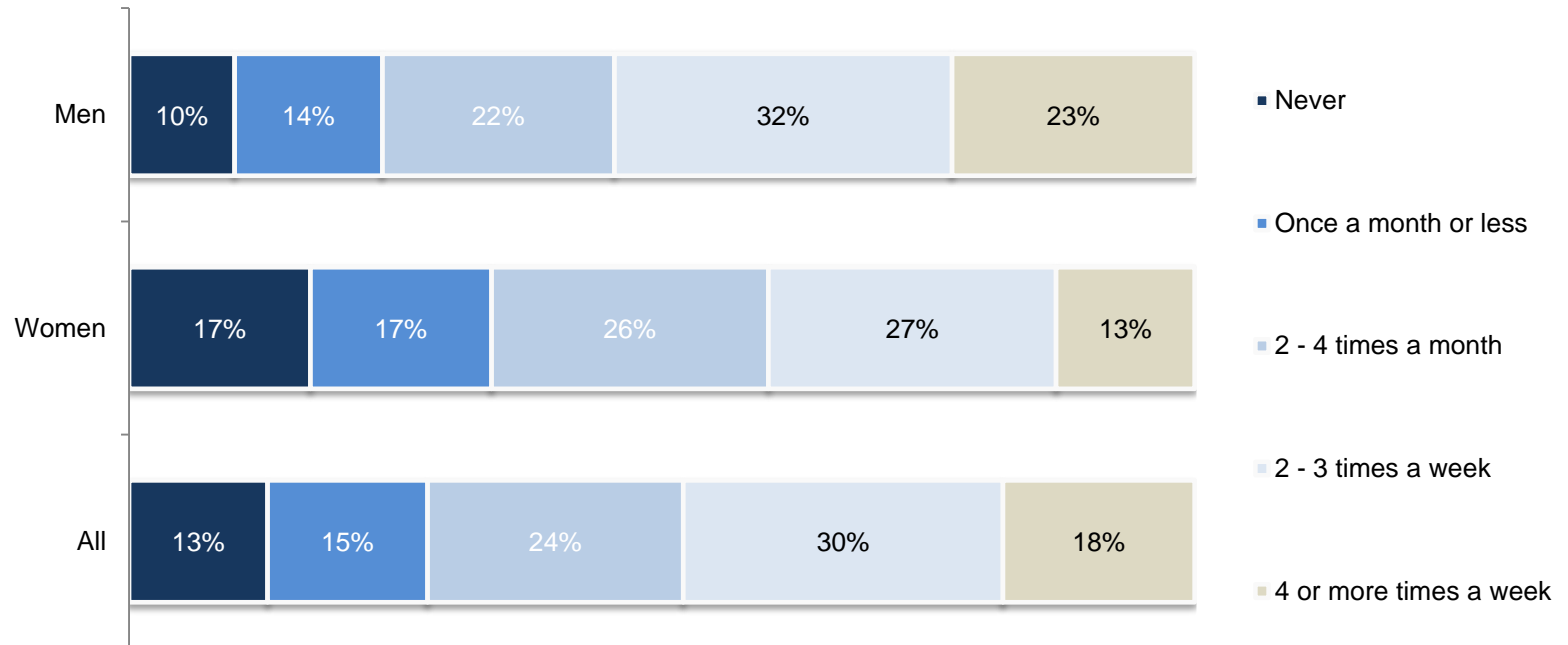
Male Body Mass Index by age



Source: JASS 2013

# Lifestyle and preventable risk factors

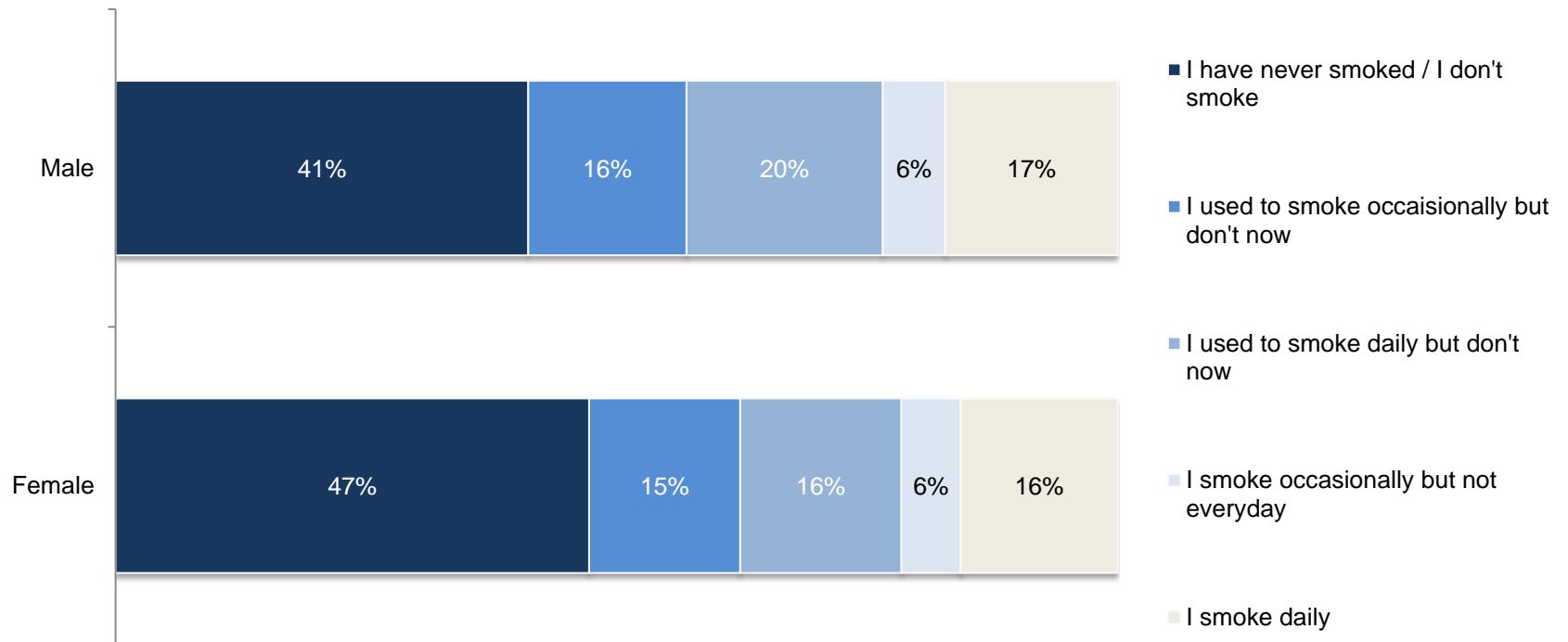
How often do you have a drink containing alcohol?



Source: JASS 2012

# Lifestyle and preventable risk factors

Do you smoke? By gender, percent



Source: JASS 2013

# Lifestyle and preventable risk factors

How many cigarettes do you smoke per day?  
(Average, daily smokers only)

	2012	2010	2008
Men	15	17	16
Women	13	14	13
All daily smokers	14	16	14

*Source: JASS 2012*

# Accessing health services

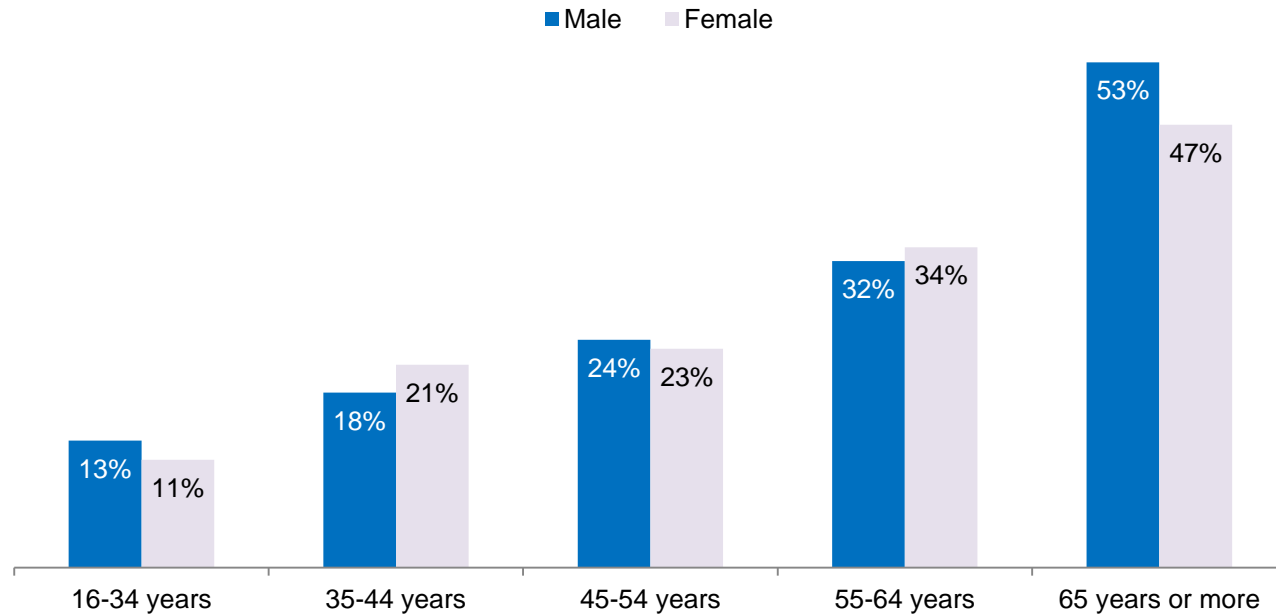
- Almost a fifth (18%) of men had not visited the GP in the last 12 months, whilst some 3% were not registered with a GP in Jersey;
- Male hospital episodes for circulatory diseases, cancers, digestive system diseases and diseases of the genitourinary system were higher than episodes for females in Jersey in 2013;
- In 2012 and 2013, more women approached the Help2Quit smoking cessation service, but a higher proportion of men successfully quit than women;
- Men under 45 in Jersey were less likely to use primary health services in the Island than women.

# Accessing health services

Almost **one in five (18%)** of men reported not having visited the GP in the last 12 months compared to **one in ten (10%)** women.

# Health Status

Percentage who have a self-reported long-standing illness, disability or infirmity



Source: JASS 2013

- A fifth (20%) of both men and women reported that their long-standing condition limited their day to day activities 'a lot', whilst half (52% of men and 48% of women) said is affected their day to day activities 'a little'.



# Health Status

Life expectancy, 2012

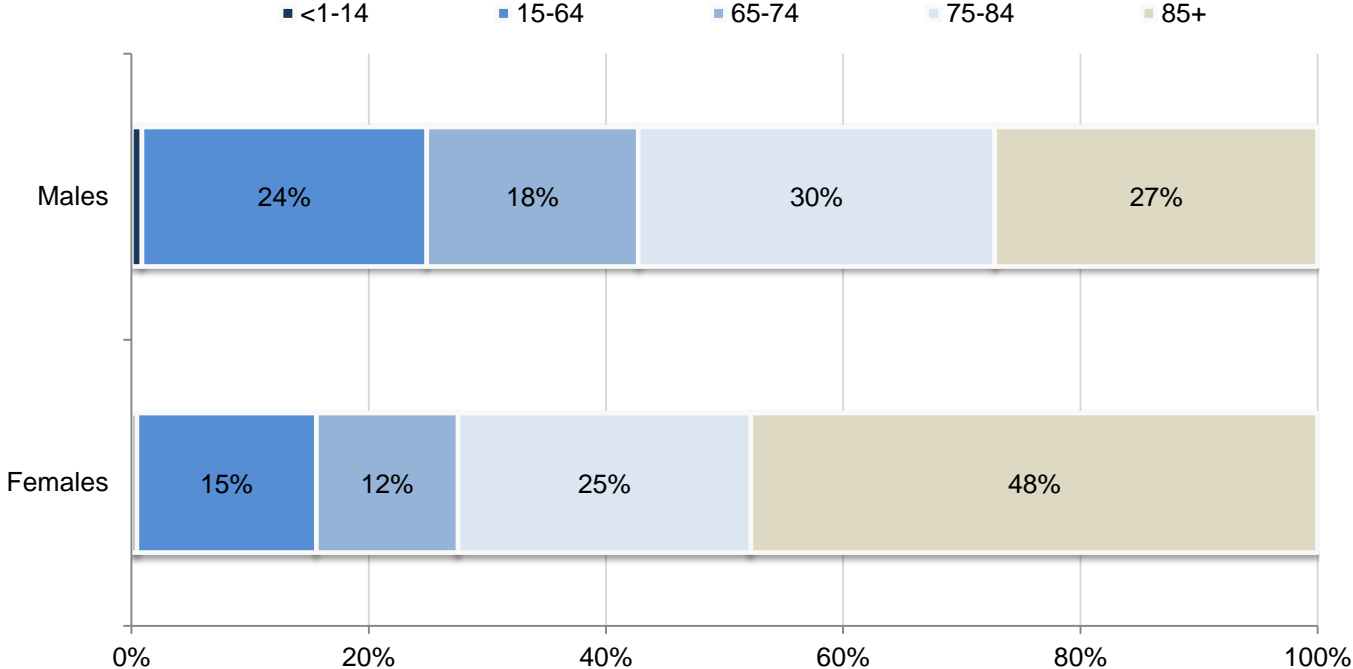
		Males	Females
At Birth	Jersey	79.2	84.0
	Europe (28 countries)	77.5	83.1
At 65	Jersey	19.2	21.5
	Europe (28 countries)	17.7	21.1

*Source: HIU and EuroStat*

- Male life expectancy in Jersey is 1.7 years greater than their counterparts in the EU;
- Since 2000, there has been a small incremental increase in life expectancy for both men and women over time in Jersey;
- Compared to Europe, Jersey is among the countries with the highest life expectancy for both men and women

# Health Status

Proportions of deaths across age groups, 2011-2013

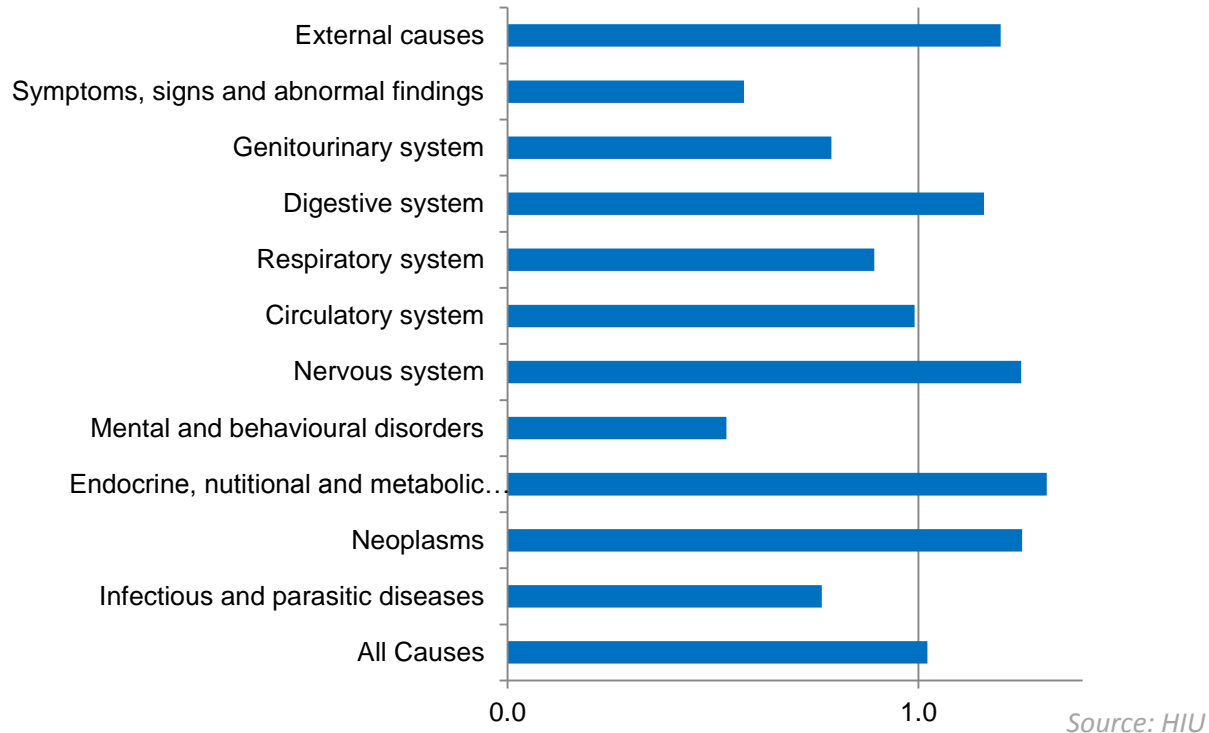


Source: HIU

- Around 90 men die each year below the age of 65, compared to around 60 women;
- A higher proportion of all female deaths occur after 85 years of age (48%) compared with 27% of male deaths.

# Health Status

Sex rate ratio of deaths, main classification groups, 2011-2013



- There is a higher burden of male deaths from external causes, digestive and nervous system, cancers and endocrine, nutritional and metabolic diseases;
- Roughly similar numbers die from circulatory diseases, although more men die from CHD whereas more women die from strokes.

# Health Status

Smoking and drinking-attributable deaths, annual average, 2010-2012

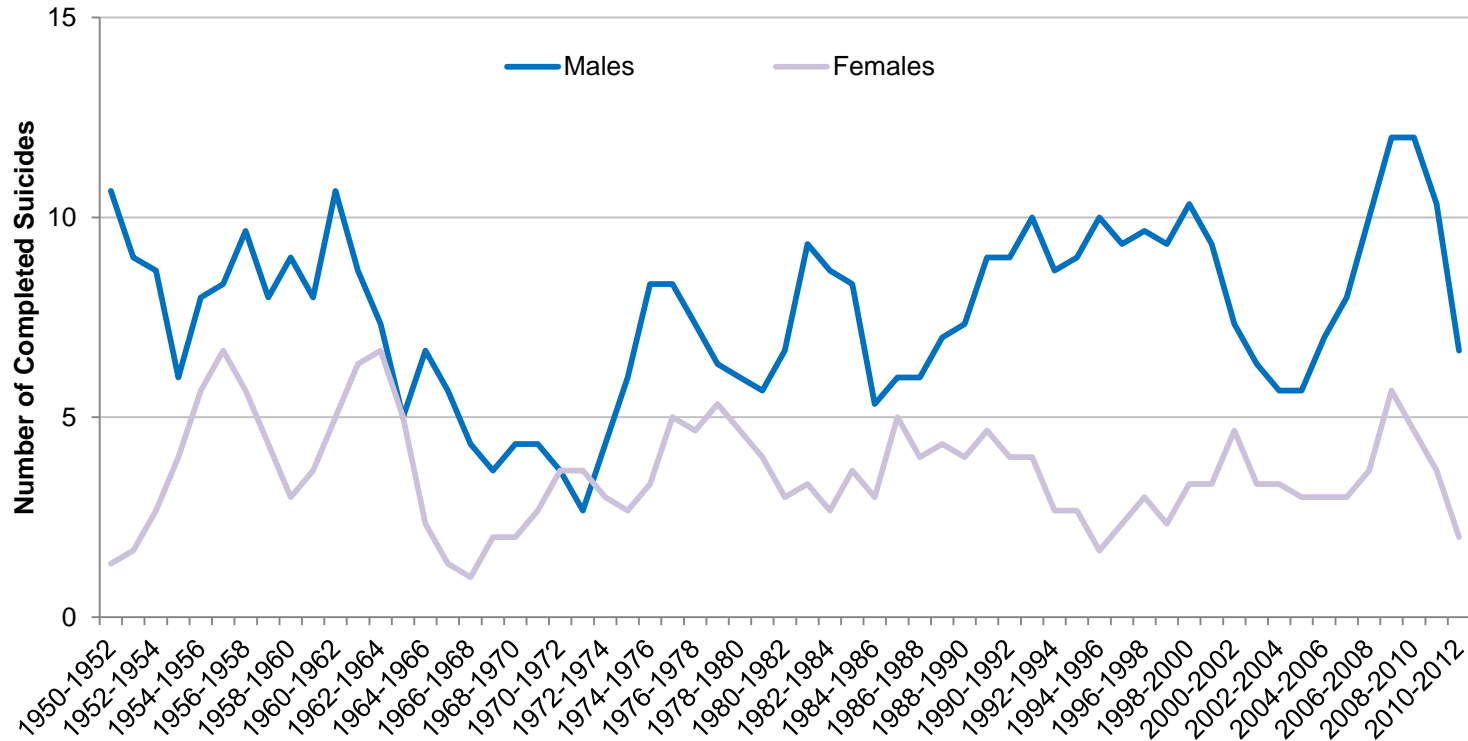
	Male Deaths	Female Deaths	Proportion that are male
Smoking	80	50	63%
Drinking	10	<5	72%

Source: HIU

- One in five (21%) of all male deaths were smoking-related, this compared to one in seven (13%) of all female deaths.

# Mental Health

3-year rolling average of number of completed suicides, 1950-2012



Source: HIU

- Suicide rates for men remain high; at around three times higher than the female death rate;
- In 2010-2012, there were an average of 7 male suicides a year, compared to 3 female deaths.

# The State of Men's Health Report



Full report can be found  
on [www.gov.je](http://www.gov.je)

Thank you