

Tackling Men's Health Inequalities

The Annual Report of the
Men's Health Forum 2001

Tackling Men's Health Inequalities

The Annual Report of the Men's Health Forum 2001

Published by: The Men's Health Forum, Tavistock House,
Tavistock Square, London WC1H 9HR
Tel: 020 7388 4449 Fax: 020 7388 4477
Email: office@menshealthforum.org.uk
Web: www.menshealthforum.org.uk
August 2002

The Men's Health Forum is a charity that aims to improve men's health in England and Wales through:

- Research and policy development
- Professional training
- Providing information services
- Stimulating professional and public debate
- Working with MPs and Government
- Developing innovative and imaginative projects
- Collaborating with the widest possible range of interested organisations and individuals

'The Men's Health Forum is an important source of support for health professionals in primary care and has helped to improve the health of men in many ways' – Caroline Gunnell, practice nurse, The Limes Medical Centre, Epping, Essex.

'The increasing level of interest in men's health and the awareness that something must be done is in no small measure due to the work of the Men's Health Forum' – Dr Howard Stoate, MP, chair of the All Party Parliamentary Group on Men's Health and practising GP.

'It is essential that we have a national organisation whose main business is to draw attention to public health issues of specific concern to men. The work of the Men's Health Forum has been of great value to us' – Dr Paul Harker, Director of Public Health, South and East Dorset Primary Care Trust.

Registered Office as above. A registered charity (No 1087375).
A company limited by guarantee (No 4142349 – England).

Foreword: The State of Men's Health in 2001

It has been said that 'men's health' is a contradiction in terms. At first sight, that might sound a somewhat dramatic statement. But even a glance at the statistics demonstrates the scale of the problem. Indeed, in many respects, men's health has not improved over the past 20-30 years.

- Average male life expectancy in the UK is still just 75 years at birth.
- Men in social class 5 have a life expectancy at birth that is below average male life expectancy in the early 1970s.
- Death rates for men aged 16-34 are virtually the same as in 1971.
- Suicide rates for men aged 15-24 have more than doubled since 1971.
- The incidence of prostate cancer has increased by over 135 per cent in England and Wales since 1971.
- The number of men with testicular cancer more than doubled in England and Wales between 1971 and 1997.
- The number of men aged 25-64 dying from chronic liver disease increased five-fold in England in the period 1970-2000.
- The proportion of men who are obese has more than tripled in England since 1980; the proportion of men who are overweight has increased by one-third.

The good news is that, in 2001, there was increasing public, professional and political recognition of men's health inequalities and a growing desire to do something about them. Indeed, it could be argued that 2001 was the year in which interest in men's health became mainstream.

One of the most significant indicators of this mainstreaming process was the *BMJ's* special edition on men's health in November. In an editorial, this called for 'strategic and innovative research on men's health.' *The Lancet*, in another editorial, also argued that 'clearly there is a need for a stronger evidence base, and more creative thinking on the part of health-care professionals, to help engage men of all ages in caring for their own health.'

This new interest in men's health was reflected in the development of increasingly widespread practice

initiatives in men's health, locally, regionally and nationally. At the political level, the minister for public health, Yvette Cooper MP, continued to express strong support for men's health work and the All Party Parliamentary Group on Men's Health was launched. Men's health research also moved forward with the publication of the Health Development Agency's ground-breaking reports on young men's health.

Men's health certainly remains a major problem but there are clear signs that in 2001 there emerged a growing determination to tackle this large, but until recently little-recognised, health issue.

Director's Review

2001 was an extraordinary year for the Forum. When the year started, the Forum had no staff (just a part-time consultant doing development work), no clearly-defined legal status (it was simply an 'unincorporated association') and limited funding. By December, however, much had changed. These are some of the highlights:

- The Forum became a limited company in January 2001 and a registered charity in July. By December, six trustees were in post supported by an executive advisory committee.
- The All Party Parliamentary Group on Men's Health was launched in March with the support of the Forum, which provides the secretariat for the Group.
- In April, the Department of Health awarded the Forum two years' core funding for two full-time equivalent posts. The Forum also successfully raised other funds from an increasingly diverse range of public and private sector organisations.
- A full-time Director was appointed in July and, by October, three more staff were in post.
- The post of President was created to lead the Forum's fundraising and networking work. Dr Ian Banks, formerly chair of the Forum, was appointed President in July.
- The *Men's Health Journal* was launched in September.
- The European Men's Health Forum was established by the Forum and launched in November at the First World Congress on Men's Health in Vienna.
- The Forum's first annual conference was held in December.

The Forum's website also went from strength to strength throughout the year (and the Forum acquired the much-acclaimed www.malehealth.co.uk website in December), a prostate health promotion project was launched with Consignia (Royal Mail) staff in the West Midlands and the Forum responded to the Department of Health's consultation papers on health inequalities and sexual health. By the end of the year, the Forum had achieved wide recognition as the leading organisation in the field of men's health.

None of this would have been possible without the sustained commitment, support and hard work of everyone involved with the Forum – the staff (including the freelancers), the trustees and the executive. Ian Banks in particular has been both tireless and inspirational in his contribution to the Forum's development; without him, there would be no Men's Health Forum.



Peter Baker
Director.

Chair of Trustees' Review

This year has seen phenomenal changes in the Men's Health Forum as shown within this our first Annual Report. There can be no doubt that these developments are due to rising public and professional awareness of the inequalities in men's health. However, it is also true to say that without the Men's Health Forum and its huge influence here in England and Wales – and increasingly internationally – the plight of men and their health would have remained largely a hidden tragedy.

I have met many people involved in men's health and it is obvious to them how important the Forum has become in shaping the agenda and making change happen. The research projects undertaken, the conference, the *Men's Health Journal*, our websites, our work with the All Party Parliamentary Group and

our extensive networking have all helped to create a strong base from which our future work can grow.

However, this is just the start, a good start but we still have a long way to go before we can see real advances in men's health. This will involve further tremendous effort from all involved as we seek to raise awareness of the need to take the inequalities in men's health seriously among policymakers, researchers, practitioners, educationalists and, indeed, the man on the street. To this end, we need to secure additional funding from a broader base than we currently enjoy and we also look to our National Men's Health Week as a way of raising the profile of men's health throughout the country. We have forged strong partnerships with many key charities and organisations and we shall continue to strengthen these relationships. Our reputation with the Government as the organisation that truly represents men's health in its entirety also has to be further consolidated.

To achieve all that we have done and to be able to set such ambitious goals for the future could not have happened if it were not for the energy and drive of the executive, the trustees and our new staff. We are truly blessed with people of exceptional skill and dedication coupled with a real enthusiasm who I wish to thank for their help and support over this year. In addition, I wish offer my gratitude to our President Ian Banks and Director Peter Baker for their tremendous endeavours in bringing about these developments. I must also express my sincere thanks to our sponsors whose generous financial donations and whose confidence in the Forum has made our work possible.



Alan White
Chair of Trustees.

Policy Development

Policy development is a key area of the Forum's work, not least because men's health is currently almost completely absent from health policies both nationally and locally. In 2001, the Forum's policy work focused on young men and suicide, health inequalities, sexual health (including erectile dysfunction) and the development of 'gender sensitive' healthcare. The Forum is working towards the development of a comprehensive national men's health policy.

Young men and suicide

As part of its continuing work on young men and suicide, the Forum published guidelines for health authorities interested in improving their suicide prevention work with young men. These were sent to all health authorities together with a new report summarising the Forum's research report on *Young Men and Suicide* published in 2000. The Forum also provided training on suicide prevention for British Forces Germany.

Tackling health inequalities

The Forum responded to the Department of Health's consultative document *Tackling Health Inequalities*. While welcoming a strategy to address health inequalities, the Forum expressed concern that the issue of gender was largely ignored in the report. Although gender was mentioned as a 'dimension' of health inequalities, this was not followed through in any significant way. The health of men and boys in particular was virtually absent. The Forum's response suggested how men's health could form part of the Department's inequalities agenda.

Sexual health strategy

The Forum responded to the Department of Health's consultation document on its sexual health strategy. Because the strategy focused on the prevention and treatment of sexually transmitted infections, the Forum believes the Department missed an opportunity to address a wider range of sexual health issues, including the promotion of positive sexual health. It should also have paid far more attention to key issues like sexual dysfunctions and sex education.

Erectile dysfunction

The Forum responded to the Department of Health's consultation on the statutory framework for the treatment of erectile dysfunction (ED, or impotence) on the NHS by GPs. The Forum argued that the framework for the treatment of ED is unsatisfactory for several reasons, including:

- It does not take into account the severe impact of ED on many men's lives. The condition frequently causes low self-esteem, depression and serious relationship difficulties.
- It denies NHS treatment to men with one of the most common causes of ED – cardiovascular disease.
- It reinforces health inequalities. Men who can afford to pay for a private prescription will face fewer problems obtaining treatment. Men with low incomes who fall outside the framework are unlikely to be able to afford a private prescription.
- It is unlikely to be understood by many men. This, in turn, will deter a substantial number from seeking treatment, even if they are currently entitled to it under the framework. This is a particularly serious problem because ED is often a symptom of an as-yet undiagnosed but potentially serious condition, especially cardiovascular disease and diabetes.
- It reinforces the notion that men's health issues are not taken as seriously by the NHS as they should be.

Although most of the respondents to the consultation opposed the existing framework, the Department announced in October 2001 that it had decided not to make any changes. The Forum expressed its concern to the Secretary of State, Alan Milburn MP, and began to work on a joint initiative with the Impotence Association to lobby for reform of the framework (for launch on National Impotence Day – 14 February 2002).

Gender and health

The Forum was instrumental in establishing a new group to look at gender and health issues. This group – which comprises representatives from Women's Health, the King's Fund, Fathers Direct, the Cabinet Office (Women's Unit) as well as the Forum and a number of other organisations and individuals – took the name 'The Gender and Health Partnership'. Its broad aim is to make health policy and practice more 'gender sensitive' in order to improve the health of

both men and women. Two workshops on the issues are planned for 2002 (supported by a Department of Health grant) and a national conference will be held in 2003.

Research

Men's health remains seriously under-researched. There is a particularly urgent need for a greater understanding of several key clinical areas (especially prostate disease), men's health attitudes and behaviours and how to deliver services effectively to men. As well as making the case for greater investment in research by others, the Forum has initiated its own projects in the important areas of prostate disease and suicide. It has also maintained and developed its unique database of men's health projects.

Prostate health awareness project

The Forum commissioned a study of the potential for increasing men's awareness of prostate disease in a workplace setting. Consignia (Royal Mail), the largest employer of men in the UK, agreed to take part and CEDC (Community Education Development Centre) was appointed to undertake the research in partnership with the Institute of Health at Warwick University. The study was funded by the Health Development Agency, GlaxoSmithKline and the Orchid Cancer Appeal.

The research, which will be completed in 2002, will assess the impact of a variety of health promotion interventions designed to increase awareness of prostate health at three large Consignia sites in the West Midlands. It is hoped that the findings can be used to run similar campaigns at other workplaces throughout the country.

Young men and suicide

The Forum received a generous private donation to develop its work on young men and suicide. Working With Men was appointed to conduct an audit of young men's attitudes to mental health and other support services in a London borough (Newham) and of those services' approach to working with young men. This study will also be completed in 2002.

Database of men's health projects

The Forum continued to develop its database of UK men's health projects. This database, originally set up with the support of a Department of Health grant, aims to include every project specifically aimed at improving the health of men. The definition of men's health has been kept broad and inclusive – roughly in line with the World Health Organisation's definition of health. The database therefore includes initiatives that address men's well-being, life-skills and social health. Updated monthly and accessible via the Forum's website (www.menshealthforum.org.uk), the database is an invaluable resource for health practitioners and researchers. The Forum is seeking new funding for this project, not least to make the database more comprehensive and widely available.

The database is maintained for the Forum by the Centre for Health Promotion Research and the Centre for the Analysis of Nursing Practice at Leeds Metropolitan University.

Parliamentary Affairs

It is vital that the Forum works with politicians of all parties if it is to achieve many of its goals, especially in the area of national policy development. We were delighted to be able to work with Dr Howard Stoute MP to establish the new All Party Parliamentary Group on Men's Health. This Group has already helped raise the political profile of men's health and generated significant publicity for the issue.

Launch event – young men and suicide

The All Party Parliamentary Group on Men's Health was formed by MPs at the end of January and launched in March at a reception at Westminster that also highlighted the issue of young men and suicide. Speakers at the launch included the public health minister, Yvette Cooper MP, the actor Ian Lavender (from *Dad's Army* and *EastEnders*) and the Scottish international rugby player Eric Peters. The event was attended by representatives of a wide range of organisations with an interest in men's health and attracted considerable media interest.

Benign prostate disease

The Group's work programme continued in October with a meeting on benign prostate disease (speakers included the eminent urologist Mr Roger Kirby and the comedian Ronnie Corbett) which highlighted the often-overlooked problems concerning the diagnosis and treatment of benign prostatic hyperplasia (BPH) and prostatitis. The Forum's report, *Out of the Water Closet: It's time to tackle benign prostate disease*, was launched at the meeting. Dr Howard Stoaite MP also tabled an Early Day Motion on prostate disease which was signed by over 80 MPs.

At the meeting, the Group also announced the results of a specially-commissioned survey of 'waterworks' problems amongst MPs. The survey, conducted by the Men's Health Forum, asked MPs how many times they passed water during the night (a common symptom of prostate disease). 179 MPs (27% of the total – 159 men and 20 women) responded. The survey found that 50% of male MPs of all ages get out of bed to urinate at least once a night compared to 35% of female MPs. Moreover, male MPs are more likely to be getting out of bed to urinate as they get older: 22% of MPs aged under 40 urinate once or more during the night compared to 74% of those aged 60 or over. These findings suggest that many MPs could well be suffering from prostate disease and, if they have not already done so, should arrange to see their doctors.

Men and alcohol

The Group met in November to discuss the issue of men and alcohol. Alcohol Concern prepared a report for the meeting and the expert speaker was Dr Martin Plant, director of the Alcohol and Health Research Centre in Edinburgh.

The Group's officers

The chair of the All Party Group is Dr Howard Stoaite MP. The vice-chairs are: Michael Fabricant MP, Sandra Gidley MP and Linda Perham MP. The Forum provides the secretariat for the Group.

Health Promotion

Traditional health promotion too often fails to influence men's awareness, attitudes and behaviour. The Forum therefore believes it is important to encourage and develop innovative forms of health promotion work with men. To that end, the Forum collaborated with the Impotence Association to increase men's awareness of erectile dysfunction, worked with postal workers on prostate health (see page 4) and acquired the website www.malehealth.co.uk (see page 7). The Forum also launched an awards scheme to encourage the development of new projects by other organisations.

Erectile dysfunction

The Men's Health Forum and the Impotence Association have been running a joint advertising campaign in the national press to raise awareness about ED since 2000. The campaign has been supported by an educational grant from Pfizer Ltd.

The aim of the campaign is to provide information and support to the one in 10 men affected by ED. It encourages men to order a free booklet which explains more about erectile dysfunction, to visit a special website or to call a telephone helpline for further advice and information. A new, revised round of advertisements appeared in the national press throughout most of November 2001. Over 70,000 men have already requested information about ED as a result of the campaign.

Innovation Awards

To encourage the development of new and innovative projects, the Men's Health Forum and Pfizer Ltd teamed up to launch a new awards scheme – the Men's Health Forum/Pfizer Innovation Awards. There was a very high standard of applications and the three joint winners, announced at the Men's Health Forum Conference in December, proposed exceptionally good, practical and cost-effective ideas for the improvement of male health.

The winners were (in alphabetical order):

- 'Fighting Fit', a proposal from Warrington Community Health Care Trust to raise men's awareness of healthy lifestyles through the workplace. (This project received £2000.)

- 'Promoting Men's Health through Pubs and Clubs', a proposal from North Tees Primary Care Trust Health Promotion Service to provide health information to men via pubs, barbers' shops and DIY stores. (£1950.)
- 'Wise Up – Health Wise', a proposal from Walsall Youth Arts to use art work to increase the health awareness of young men living in sheltered housing in Walsall. (£2450.)

The Forum aims to publish reports on the projects on its website and in the *Men's Health Journal* in 2002/3. The Forum hopes to raise the funds necessary to run a second awards scheme.

National Men's Health Week

The Forum began work on the first National Men's Health Week (June 10-16th 2002) in autumn 2001. It has been a long-standing ambition of the Men's Health Forum to establish National Men's Health Week (NMHW) as a well-known and clearly-defined event that focuses attention on men's health issues and stimulates health promoting activities at all levels. Richard O'Neill, a trustee of the Forum and director of the Week, has taken a lead in developing NMHW, especially through men's health activities in Manchester which have generated considerable local interest and publicity. The Forum now has an opportunity to launch NMHW as a major annual and national event.

The Forum intends that NMHW will:

- Raise the profile of men's health nationally, regionally and locally.
- Encourage a wide range of organisations to develop practical men's health initiatives.
- Contribute to the improved delivery of health services to men, including primary care and health promotion.
- Increase the awareness of health professionals of men's health issues and their ability to work effectively with male patients and men generally.
- Increase men's awareness of their own health and their treatment options.
- Help to change men's health-related behaviour, not least in terms of increasing their willingness to access health care and reducing the risks they take with their health.
- Promote men's awareness of wider lifestyle issues that can have an impact on health.

The Men's Health Journal

Primary care has a central role in improving men's health. To help encourage good practice in this sector, in September the Forum launched the *Men's Health Journal*, a quarterly publication aimed mainly at GPs and practice nurses. The editor is Ian Banks; Peter Baker is the deputy editor. The managing editor is Christine Bishop of the Medical Education Partnership, the *Journal's* publishers.

The *Journal*, the first of its kind in the UK, aims to cover a mix of policy and practice issues as well as news and other topical information about men's health. Issue 1 included a foreword by the public health minister, Yvette Cooper MP, and articles on the state of men's health, erectile dysfunction, young men and suicide and the inter-relationship between obesity, diabetes and heart disease. The second issue will be published in early 2002.

The Men's Health Forum Conference

The first Men's Health Forum Conference ('Men's Health: Tackling the Inequalities') was held in December at the Royal College of Physicians in London. The event aimed to cover key clinical, practice and policy issues in men's health, including heart disease, urology and mental health. The keynote speakers included: Richard Parish, chief executive of the Health Development Agency; Tony Barnett, Professor of Medicine, University of Birmingham and Birmingham Heartlands Hospital; Tim Oliver, Sir Maxwell Joseph Professor in Medical Oncology, St Bartholomew's and Royal London Hospital; and Roger Kirby, Professor of Urology, St George's Hospital, London.

The conference was co-chaired by Ian Banks and Dr Howard Stoaite MP, chair of the All Party Parliamentary Group on Men's Health.

Over 100 delegates attended the conference and their evaluations suggested they found it useful. However, concerns were expressed about the cost of attending, the fact that the event took place in London and that the agenda allowed relatively little

time for discussion. The Forum intends to address these issues when it organises its next conference.

The conference was organised by the Medical Education Partnership. A conference report will be published in 2002; this will be available on the Forum's website, www.menshealthforum.org.uk.

Websites

menshealthforum.org.uk

The Men's Health Forum's website, www.menshealthforum.org.uk, was launched in November 2000 primarily as a service for health professionals and others working on men's health issues. It is the only comprehensive source of online information about men's health policy and practice in the UK. (It includes sections dedicated to Men's Health Forum Scotland and Men's Health Forum Ireland.) Content was added to the site throughout 2001, including to the site's unique database of men's health projects throughout the UK. The site was reviewed on ITV's online Web Review, scoring 8 out of 10, and was shortlisted for the Best Patient Support Site at the IT Awards 2001.

malehealth.co.uk

In December, the Forum acquired the highly regarded men's consumer health website, www.malehealth.co.uk. This site had been established in 2000 by Radcliffe Online, with the active involvement of Forum staff, but the site was unable to generate sufficient income as a commercial concern. The Forum is confident that it will be able to generate the funds necessary to operate the site as a public information service and plans to relaunch the site in National Men's Health Week 2002. The Forum was able to purchase the site with the help of a grant from the Department of Health.

Media and External Representation

It is vital that the Forum communicates its key messages as widely as possible, through both the media and contacts with a broad range of other organisations. It is the Forum's long-term aim that any

journalist covering a men's health story will not consider his or her research complete before contacting the Forum.

Media

Men's health was increasingly covered in the media, including the specialist and health press, and the Forum was regularly approached for comment on issues and to provide background information. The Forum ran two press campaigns during 2001: the first was linked to the launch in March of the All Party Parliamentary Group on Men's Health and the simultaneous publication of two new reports on young men and suicide; the second, in October, was linked to the All Party Group meeting on benign prostate disease. Both campaigns generated considerable publicity.

Ian Banks, Peter Baker and Alan White contributed articles to the *BMJ's* special issue on men's health in November.

Links with other organisations

The Forum's staff spoke regularly at a wide range of workshops, conferences and other events. Highlights included presentations to an OXFAM seminar on Men, Gender and Poverty (March), a QMW seminar on men's health policy (June), a military's men's health conference in Gosport (September) and Worcestershire Health Authority's men's health conference (September).

The Forum was also invited to join the Department of Health's National Forum of Non-Government Public Health Organisations. This body provides the Forum with an opportunity to meet not only with the Department but also with a large number of other key organisations, including Age Concern (England), the Local Government Association, Mind, the NHS Confederation, the Royal College of Nursing and the Royal Society for the Promotion of Health.

The Forum is a member of the British Prostate Group, Gamian-Europe, the Health Coalition Initiative and the Public Health Association.

International

Men's health is a relatively new field in the UK and it is therefore essential that the Forum networks effectively with other men's health organisations around the world to learn from both their successes and failures. The Forum has also taken a lead in developing men's health work in Europe through the new European Men's Health Forum.

First World Congress on Men's Health

The Forum had a significant presence at the First World Congress on Men's Health. Peter Baker spoke at a plenary session on 'The International Men's Health Movement' while Ian Banks presented on 'Communicating with Male Patients: Improving Men's Health' and chaired the closing plenary session. Alan White addressed a workshop session on the Forum's database of UK men's health projects. The Forum's presence at the Congress also led to the establishment of new links with colleagues in other countries, not least Australia and the United States of America.

European Men's Health Forum

The Forum was instrumental in establishing the European Men's Health Forum (EMHF). EMHF is a non-governmental, non-profit-making organisation which aims to raise the profile of men's health at a Europe-wide level and within individual states; encourage Europe-wide, national, regional and local organisations (both governmental and non-governmental) to include men's issues in their health policies and practices; improve the delivery of health services to men, including primary care and health promotion information; and increase men's awareness of their own health and their treatment options.

EMHF is a membership organisation managed by an executive committee which represents the diverse range of Europe-wide and national organisations with an interest in men's health issues. The day-to-day work of the organisation will be carried out by staff based in Brussels. Ian Banks is President of EMHF. The vice-presidents are Rodney Elgie, president of Gamian-Europe and Siegfried Meryn, Professor of Medicine at the University of Vienna.

The EMHF was launched at the First World Congress on Men's Health in Vienna in November. It is envisaged that EMHF will become an autonomous organisation in early 2002. For more information about EMHF, visit www.emhf.org.

Other international links

The Forum continued to develop its close links with Men's Health Forum Scotland and Men's Health Forum Ireland. Ian Banks is on the editorial board of the new *International Journal of Men's Health* and Peter Baker is a member of the Toronto Men's Health Network Advisory Board.

The Structure of the Forum

The Forum's **Board of Trustees** is responsible for strategic decisions regarding management and policy. The Trustees meet quarterly. To be appointed as a Trustee, an individual must be nominated by an existing trustee or trustees.

The Trustees are advised by an **Executive Committee**, which also meets quarterly. The Executive, which is appointed by the trustees, comprises organisations and individuals who have a particular interest or expertise in men's health.

The Forum also takes advice from its **Industry Committee**. This Committee comprises the corporate sponsors of the Forum. The Industry Committee has a representative on the Executive advisory committee.

The Forum has a **membership** of organisations and individuals who support its aims and objectives. By the end of 2001, there were some 500 members. Membership* has been free to date but a fee-paying scheme will be introduced in 2002. This will enable the Forum to offer tangible benefits to members as well as to provide the organisation with an independent source of income.

The day-to-day work of the Forum is undertaken by the Director and the staff. The President plays a particularly important role in fundraising, networking and as the Forum's chief media spokesperson.

* 'Membership' does not confer voting or other legal rights or obligations as a member of the Men's Health Forum.

The Trustees

The trustees of the Forum are:

Jane DeVillie-Almond (vice-chair)

Kristin McCarthy

Shaun O'Leary

Richard O'Neill

Jim Pollard

Alan White (chair)

The Executive

The Executive Committee comprises the trustees plus:

Gary Alessio (Gay Men's Health Network)

Rodney Elgie (GAMIAN-Europe)

Tim Hepburn (Department of Health, observer)

Meryl Johnson (Worcestershire Health Authority)

Gopa Mitra (Proprietary Association of Great Britain)

Simon Northmore (Community Health UK)

Colin Osborne (Orchid Cancer Appeal)

Kamlesh Patel (Ethnicity and Health Unit, University of Central Lancashire)

Alastair Pringle (Men's Health Forum Scotland, observer)

Sally Taylorson (Health Development Agency)

A representative of the Industry Committee (Richard Blackburn, Pfizer Ltd)

The Staff

President

Dr Ian Banks became President of the Forum in July 2001. (He was Chair of the Forum for the previous six years.) He is President of the European Men's Health Forum and editor of the *Men's Health Journal* and the *UEMO Clinical Journal*. While working part-time as a family doctor and casualty officer in Belfast, he also represents GPs for the British Medical Association, is a member of Council for the UK and is the BMA's official spokesperson on men's health. Ian is a trustee for the Doctor Patient Partnership and chairman of the Consumer Health Information Campaign. Ian also founded the Men's Health Forum Ireland and for six years was the medical editor of *Men's Health* magazine. The BBC book *The Trouble with Men* was written by Ian in 1996 to accompany the television series of the same name. It was followed by *Men's Health*, *The Good*

Patient Guide, *The Children's Health Guide*, *Get Fit with Brittas*, *Men's Health in General Practice*, *Ask About Sex* and the 50th NHS Anniversary book from the NHSE/HEA *The Home Medicine Guide*. He is also the author of *The NHS Direct Healthcare Guide* and the NHS Direct website. His latest book is *The Dad's Survival Guide*. Ian is currently working on a health book called *The Man's Workshop Manual*. Home is a small GM-free farm in Northern Ireland.

Director

Peter Baker was appointed Director of the Forum in July 2001. (He previously worked in a freelance capacity for the Forum, from February 2000, as its Co-ordinator.) He is also deputy editor of the *Men's Health Journal*. Peter's recent background is in journalism and writing: he was health editor of *Maxim* magazine from 1995-99 and wrote on men's health for a wide range of other publications. He was the launch editor of malehealth.co.uk, the UK's first dedicated and comprehensive men's health website. His first book, *The MANual: The complete man's guide to life*, was published in 1996; his latest, *Real Health for Men*, will be published in 2002. Peter has also worked in local government, including five years as a social policy researcher for the London Research Centre, and was Honorary Visiting Research Fellow in Applied Social Studies at Bradford University (1993-95). Peter lives in Brighton with his partner, Jo, and two children, Saskia and Jonah.

Finance and Administration Officer

Caroline Dyer was appointed in October 2001. She has worked for various charities and voluntary organisations, including Women's Health. She is a member of the Association of Accounting Technicians, currently also works as Finance Manager for a housing association and is a voluntary treasurer of a homelessness charity.

Policy and Special Projects Officer

Allan Johnstone was appointed in October 2001. He has worked for the Multiple Sclerosis Society as Development Officer (Health and Social Services) and for health promotion in Oxfordshire, Portsmouth and Argyll and Clyde.

Parliamentary Affairs and Membership Development Officer

Colin Penning was appointed in September 2001 although he worked part-time on secondment for the Forum from the autumn of 2000 to help MPs form and launch the All Party Parliamentary Group on Men's Health. Before joining the Forum he worked for the Doctor Patient Partnership on membership and parliamentary work.

Freelance staff Book-keeper

Elaine Andresier has been providing book-keeping and financial management advice to the Forum since 2000. She has wide and lengthy experience as a book-keeper for many voluntary sector organisations.

Project Manager (Europe)

Erick Savoye was appointed as a freelance consultant in July 2001 to develop the European Men's Health Forum. Erick has a MSc in health economics as well as the experience of a 10-year career in finance and business administration spanning several European countries and the USA.

Website editor

Harriett Ainley was appointed in January 2001. She is an experienced medical journalist and has been editor of *Family Medicine* since 1998. She has also contributed feature articles to *Community Practitioner*, *Practice Nurse* and *Pharmacy Magazine*.

The details of the trustees, executive committee members and staff are correct as of 31 December 2001.

Finance

At the start of 2001, the Forum's funding was limited and came from three main sources, all pharmaceutical companies. By the end of the year, the position was very different. Many more pharmaceutical companies decided to fund the Forum for both core and specific project activities. The Forum also made successful grant applications to the Department of Health for core funding over two years and the Health Development Agency for the prostate health awareness project with postal workers. The Forum welcomes the diversification of income sources and the mix of private and public sector organisations involved.

During the year, the Forum received grants from: Abbott, AstraZeneca, Bayer, Department of Health, Eli Lilly, GlaxoSmithKline, Health Development Agency, Merck Sharp and Dohme, Orchid Cancer Appeal, Pfizer, Roche and Yamanouchi Pharma.

The Forum also received a one-year grant from the USA-based Pfizer Foundation to develop a training programme and information services. Work on these areas will begin in early 2002 and it is hoped to launch the first training courses in autumn 2002.

The Forum wishes to place on record its gratitude to all those organisations providing support in 2001. Without their commitment, this annual report would have been a great deal shorter.

Summarised Financial Statements

Period Ended 31 December 2001

Statement from the Trustees

These summarised financial statements are extracted from the annual accounts approved by the Trustees on 28 May 2002. Full accounts have been prepared and audited and are available on request. The full accounts will be submitted to the Charity Commission and abbreviated accounts to the Registrar of Companies.



A White
on behalf of the Trustees

31 July 2002

Independent Auditor's Statement to the Members of Men's Health Forum

I have examined the summarised financial statements of the Men's Health Forum.

Respective Responsibilities of Trustees and Auditor:

The Trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the Statement of Recommended Practice: Accounting and Reporting by Charities.

My responsibility is to report to you my opinion on the consistency of the summarised financial statements with the full financial statements and Trustees Annual Report. I also read the other information contained in the summarised annual report and consider the implications for my report if I become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of opinion:

I conducted my work in accordance with Bulletin 1999/6 "The auditors statement on the summary financial statements" issued by the Auditing Practices Board for use in the United Kingdom.

Opinion:

In my opinion, the summarised financial statements are consistent with the full financial statements and the Trustees Annual Report of Men's Health Forum for the period ended 31 December 2002 and audited by myself.



Michael Jellicoe
Chartered Accountant and Registered Auditor

31 July 2002

Men's Health Forum

Summarised Financial Statements for the Period Ended 31 December 2001 Statement of Financial Activities for the Period from 16 January 2001 to 31 December 2001

	Restricted Funds £	Unrestricted Funds £	Total £
<u>Incoming Resources</u>			
Donations, legacies and similar income	348,227	67,850	416,077
Other income	-	3,375	3,375
	-----	-----	-----
Total incoming resources	348,227	71,225	419,452
<u>Less:</u>			
Costs of generating funds	-	(2,063)	(2,063)
	-----	-----	-----
Net incoming resources available for charity application	£348,227	£69,162	£417,389
	=====	=====	=====
<u>Resources Expended</u>			
Charitable expenditure:			
Project costs	43,543	812	44,355
European office	53,397	-	53,397
Support and other costs	65,939	28,080	94,019
Management and administration	7,846	4,428	12,274
	-----	-----	-----
Total charitable expenditure	£170,725	£33,320	£204,045
	-----	-----	-----
Net incoming resources before transfers	177,502	35,842	213,344
Gross transfers between funds	(21,873)	21,873	-
	-----	-----	-----
Net income for the year and total funds carried forward	£155,629	£57,715	£213,344
	=====	=====	=====

BALANCE SHEET 31 DECEMBER 2001

	£	£
FIXED ASSETS		
Tangible assets		15,286
CURRENT ASSETS		
Debtors	16,663	
Cash at bank and in hand	210,284	

CREDITORS: Amounts falling due within one year	226,947	
	(28,889)	

NET CURRENT ASSETS		198,058

TOTAL ASSETS LESS CURRENT LIABILITIES		£213,344
		=====
CAPITAL AND RESERVES		
Restricted Funds		155,629
Unrestricted Funds		57,715

		£213,344
		=====

“The independent voice for male health”

Auditor, Michael Jellicoe, 59 Knowle Wood Road, Dorridge, West Midlands B93 8JP

Solicitor, A.J. Lutley, Springfield, Rookery Hill, Ashted Park, Ashted, Surrey KT21 1HY

Bankers, NatWest, 55 Lewes Road, Brighton BN2 3JQ



Published by:

The Men's Health Forum
Tavistock House
Tavistock Square
London WC1H 9HR

Tel: 020 7388 4449

Fax: 020 7388 4477

Email: office@menshealthforum.org.uk

Web: www.menshealthforum.org.uk