

MEN'S HEALTH QUIZ

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By Numbers

QUESTIONS

How many UK men had no sex last month?

- a) 14%
- b) 29%
- c) 43%
- d) 64%



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



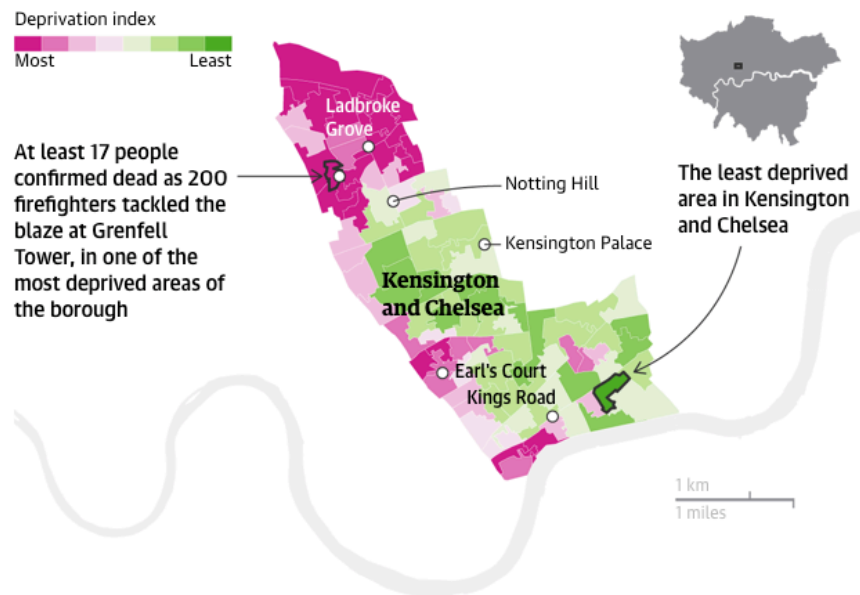
London Borough of Kensington & Chelsea: how many years longer do the richest men live compared to the least well-off?

a) 22 years

b) 10

c) 6

d) 4



How many years does smoking take off your life?

- a) 7
- b) 10
- c) 11
- d) 17



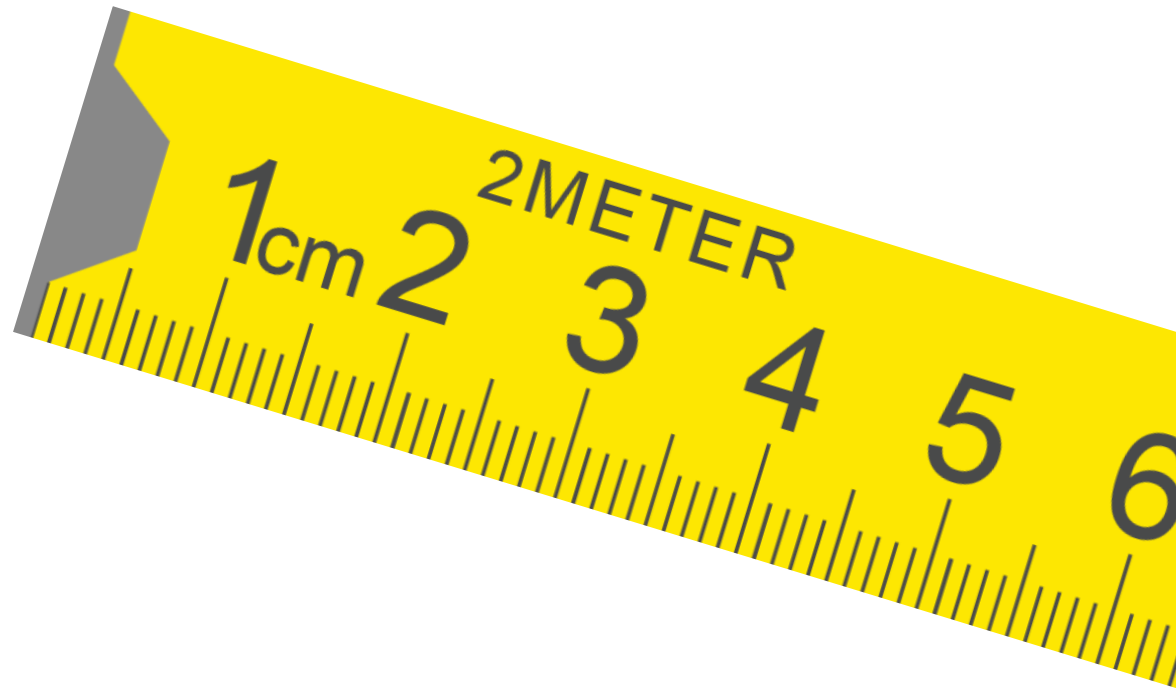
How many years can a healthy lifestyle add to your life?

- a) 7
- b) 10
- c) 14
- d) 50



**Weight round your middle is a health risk.
What's the danger sign for a 'hazardous
waist'?**

- a) 35.5 inches
- b) 37 inches
- c) 38 inches
- d) 40 inches



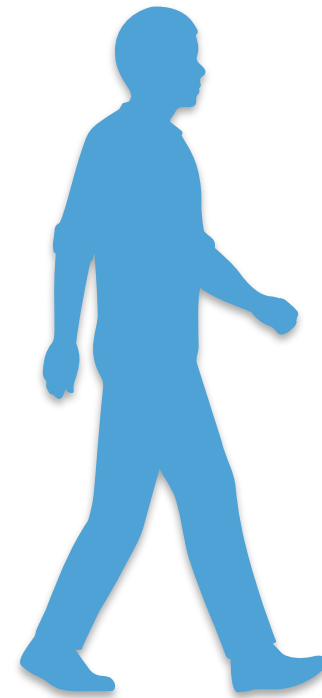
Each week, we should aim to spend 150 minutes doing what?

- a) Exercising
- b) Eating
- c) Having sex
- d) Playing with our phones



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)



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

- a) 0
- b) 8
- c) 14
- d) 21



What is 'normal' blood pressure?

- a) 140 over 90
- b) 120 over 80
- c) 90 over 60
- d) 22 over 7



How many calories does the average man need a day?

- a) 1330
- b) 2000
- c) 2400
- d) 3400



Which burns the most calories?

- a) swimming
- b) dancing
- c) moving furniture
- d) roofing
- e) chopping wood
- f) using a step machine



ANSWERS

How many UK men had no sex last month?

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- b) 29%
- c) 43%
- d) 64%



How many UK men had no sex last month?

a) 14%

b) **29%**



c) 43%

d) 64%

How many UK men had no sex last month?

a) 14% - % who had sex 10 times or more

b) **29%**



c) 43% - % of 16-24 year-olds who had no sex

d) 64% - % of men who would like MORE sex

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%
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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**



Both are correct -
14 additional heart
attack deaths was
a 50% increase

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

- a) 25% - increase in UK heart attack admissions after England lost to Argentina on penalties in 1998
- b) **50%**
- c) 80% - % of penalty shootouts lost by Dutch at major tournaments - they've lost 4 out of 5.
- d) **14**

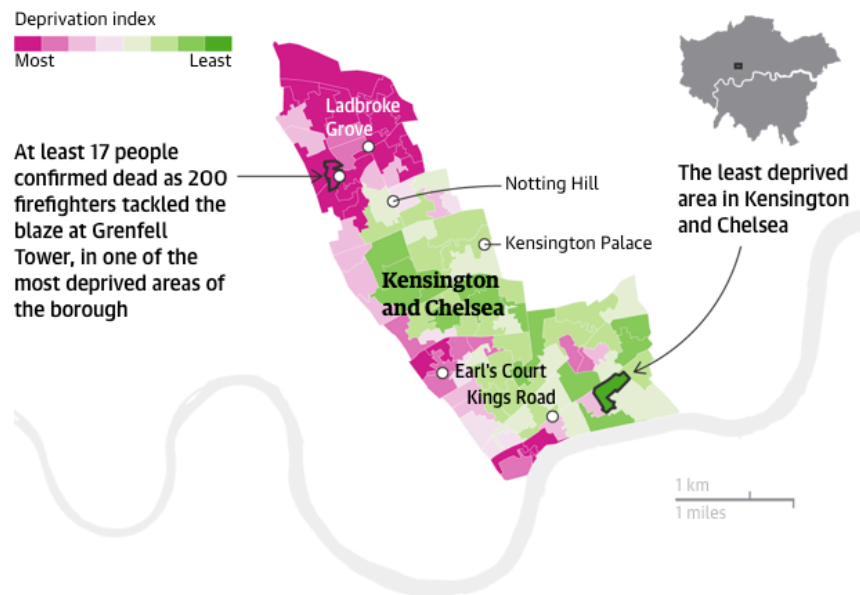
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a) **22 years**



94 years compared to 72

b) 10

c) 6

d) 4

London Borough of Kensington & Chelsea: how many years longer do the richest men live compared to the least well-off?

a) **22 years**



94 years compared to 72

- b) 10 - the national average life-expectancy gap between the richest 10% of men and the poorest 10%
- c) 6 - the fall in male life-expectancy among the poorest males in Kensington & Chelsea since 2010
- d) 4 - the gap in male and female life expectancy

How many years does smoking take off your life?

- a) 7
- b) 10
- c) 11
- d) 17



How many years does smoking take off your life?

a) 7

b) **10**



c) 11

d) 17

How many years does smoking take off your life?

a) 7 - tobacco kills 7 million people worldwide a year

b) **10**



c) 11 - each fag takes about 11 minutes off your life

d) 17 - 17% of men in the UK smoke (barely 1 in 6)

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

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- b) 10
- c) 14
- d) 50



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

a) 7

b) 10

c) **14**



d) 50

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

a) 7

b) 10

c) **14**




d) 50

- Not currently smoking
- drinking less than 14 units of alcohol/week
- eating 5 a day fruit and veg
- being active.

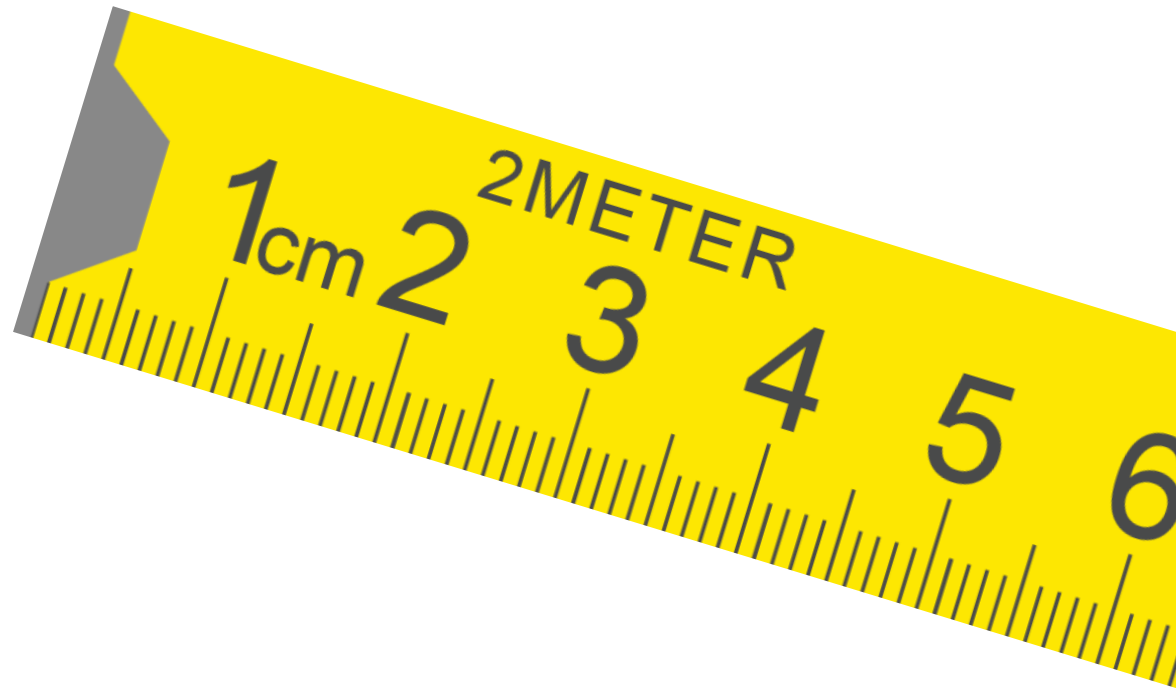
Doing all four adds about 14 years

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

- a) 7 - a brisk 25 minute walk/day adds about 7 years
- b) 10 - non-smokers live about 10 years longer
- c) **14** 
- d) 50 - you wish! This is a percentage. All other things being equal having strong social ties increases survival chances by 50%

**Weight round your middle is a health risk.
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waist'?**

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Weight round your middle is a health risk. What's the danger sign for a 'hazardous waist'?

- a) 35.5 inches
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With a 37 inch waist
(measured round the belly button),
you're at increased risk of
heart disease, diabetes
and cancer

Weight round your middle is a health risk. What's the danger sign for a 'hazardous waist'?

- a) 35.5 inches - the size the average male THINKS his waist is
- b) 37 inches
- c) 38 inches - the ACTUAL size of the average male's waist
- d) 40 inches - at 40 inches, the NHS says you're a 'very high risk' of the diseases mentioned.

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

- a) Exercising
- b) Eating
- c) Having sex
- d) Playing with our phones



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

a) **Exercising**



Moderate aerobic exercise
that make you a little
breathless

b) Eating

c) Having sex

d) Playing with our phones

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

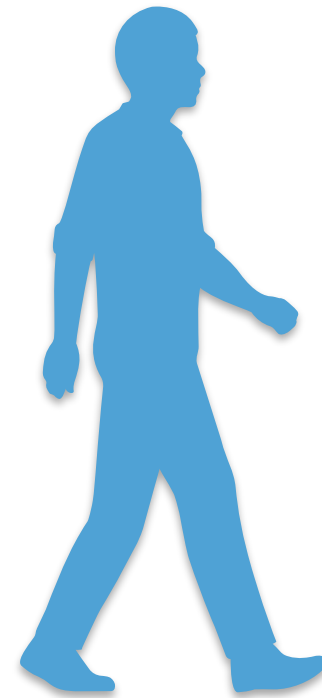
a) **Exercising**



- b) Eating - but eating slowly is good - your body is better able to tell you've had enough
- c) Having sex - this is one form of physical activity. Others are available.
- d) Playing with our phones - we now spend about 1440 minutes a week (24 hours) online. Not all of it on smartphones, of course.

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

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

a) 12% (1 in 8)

b) **20% (1 in 5)**




one man in five dies before the age of 65

c) 25% (1 in 4)

d) 40% (2 in 5)

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

- a) 12% (1 in 8) - one woman in 8 dies before 65
- b) **20% (1 in 5)** 
- c) 25% (1 in 4) - one woman in 4 dies before 75
- d) 40% (2 in 5) - two men in 5 die before 75

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

- a) 0
- b) 8
- c) 14
- d) 21



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

a) 0

b) 8

c) **14**



d) 21

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

a) 0

b) 8

c) **14**



that's about 6 pints on average

d) 21

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

- a) 0 - although the odd drink probably won't hurt you, the NHS now says 'there is such a thing as a "safe" level of drinking, there is only a "low risk" level of drinking'.
- b) 8 - there's no hard definition of binge drinking but it's about eight units in one session for men
- c) **14**
- d) 21 - the guidelines for men used to be 21 before they were revised in 2016

What is 'normal' blood pressure?

- a) 140 over 90
- b) 120 over 80
- c) 90 over 60
- d) 22 over 7



What is normal blood pressure?

a) 140 over 90

b) **120 over 80**



120/80

c) 90 over 60

d) 22 over 7

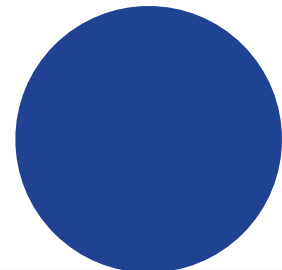
What is normal blood pressure?

a) 140 over 90 - $140/90$ = high blood pressure

b) **120 over 80**

c) 90 over 60 - $90/60$ = low blood pressure

d) 22 over 7 - $22/7 = \pi$ (Pi) - very useful for figuring out the circumference or area of this circle!



How many calories does the average man need a day?

- a) 1330
- b) 2000
- c) 2400
- d) 3400



How many calories does the average man need a day?

a) 1330

b) 2000

c) **2400**



d) 3400

How many calories does the average man need a day?

- a) 1330 - calories in a Big Mac (508) large fries (440) and chocolate milkshake (380)
- b) 2000 - number of calories the average woman needs (and a good target for men aiming to lose weight through reducing calories)
- c) **2400**
- d) 3400 - average daily calorie intake in the UK

Which burns the most calories?

- a) swimming
- b) dancing
- c) moving furniture
- d) roofing
- e) chopping wood
- f) using a step machine



Which burns the most calories?

- a) **swimming**
- b) **dancing**
- c) **moving furniture**
- d) **roofing**
- e) **chopping wood**
- f) **using a step machine**

They're all much the same. An eleven stone person will burn about 220 calories in half hour doing any of these things. Heavier people burn more.

THANK YOU

Hope you enjoyed it.
How did you score?

menshealthforum.org.uk/MOT

