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?

a) 14%
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%

Source: BMJ

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

a) 25%

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

c) 80%

d) 14  🔄
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

Source: BMJ
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
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

[Correct Answer: 22 years]
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

Source: ONS (Graphic from the Guardian)
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)

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

a) 7
b) 10
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- 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

b) 10 - non-smokers live about 10 years longer

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. What’s the danger sign for a ‘hazardous waist’?

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

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.

Source: NHS
menshealthforum.org.uk
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.

Source: NHS/Daily Telegraph
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)
How many men in the UK die before they are old enough to retire?

a) 12% (1 in 8)

b) 20% (1 in 5)

[Correct choice validated]

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)

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)  

[Corrected as selected]

c) 25% (1 in 4) - one woman in 4 dies before 75

d) 40% (2 in 5) - two men in 5 die before 75

Source: ONS
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

Source: NHS
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!

Source: NHS
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

Source: Various
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.

Source: Harvard Health
THANK YOU

Hope you enjoyed it.
How did you score?

menshealthforum.org.uk/MOT