The state of men’s health in the city of Leeds: using evidence to commission gender-sensitive services

Dr Amanda Seims @DrAmandaSeims
Prof Alan White @ProfAlanWhite
Centre for Men’s Health, Leeds Beckett University @MensHealthLeeds
Tim Taylor, Public Health, Leeds City Council
Robert Newton, Policy Lead, NHS England @RobNewton15
Introduction

• Men’s Health identified as a gap in the Joint Strategic Needs Assessment for Leeds

• The ‘State of Men’s Health in Leeds’ was commissioned by Public Health in response

• Leeds Beckett university researchers worked closely with commissioners to design the study

• The first detailed study at a citywide level in the UK
Methodology

- Literature review
- Analysis of current policies and practices within the City of Leeds
- Interviews with key council stakeholders
- Analysis of routinely collected health, socio-economic and service use data (at city and across 107 MSOAs)
Factors influencing the health of men

The male body and physical sex-differences

Intersectional factors

Social determinants

Structural factors

Masculinities

Lifestyle

Leeds City Council

(White, 2013)
Premature mortality

Life expectancy at birth across Leeds

78.9 years for men (range of 74.8 to 85.0 years)
82.4 for women (range of 76.8 to 88.5 years)

20% of male deaths in Leeds occur under the age of 65 years compared to 12% of female deaths
Social determinants

From early years, boys educational attainment is worse than girls. In five MSOAs, 70-75% of boys not achieving five or more GCSEs (inc maths and English) at grade A-C.

In 10 MSOAs, ≥30% men with no qualifications (8 of these also top 10 for long-term unemployment)

Excluding students, there are nearly 70% more men than women in Leeds registered as unemployed

Men make up nearly two thirds of residents in the city’s council-owned high-rise flats
Lifestyle (16-64)

OF THOSE ASKED:
- More likely to be overweight, smoke and consume harmful levels of alcohol than women
- 40% of men classed as inactive (48% women)
- In at least 10 MSOAs, over 40% of males smoked

BUT
- Less known about smoking and weight status of men compared to women
- Lower knowledge of alcohol status in local areas where men were at most risk of harm from alcohol

AND
- Less likely to use smoking cessation and weight management services than women (although more likely to succeed when they do go)
Key messages

All services need to ensure they are meeting the needs of men to meet the requirement of the Equality Act.

Strategies, equality impact assessment and service specifications should consider gender.

Better gender data recording is important to identify areas of greatest need.
Progress since report

- This research influenced healthy living, community health development and preventative cancer service specifications
- Scrutiny Board
- PHE engagement
- Leeds Clinical Senate
- 3rd Sector events
- Council HR supporting their men working in manual jobs
Conclusion

Leeds is a city with great variance in the health and wellbeing of its men, with areas of high deprivation seeing very different health challenges than for men living in the more affluent suburbs.

Local government can provide leadership across a city but other key organisations must also take action.

The next important step is for us to explore the narrative behind the data.
To find out more and download the summary, main and data report please visit:

http://www.leedsbeckett.ac.uk/research-case-studies/the-state-of-mens-health-in-leeds/