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# **Men's Health Network Men At Work**

## **Workplace Health Assessment**

**One of Men's Health Network's workplace programs**

## **Preliminary Findings**



# Presented by

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# MHN Program Philosophy

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- The Men At Work program is flexible and can be customized for the needs of any workplace. The version explained in these slides is the: Men At Work – Workplace Self assessment

- Offers an innovative approach to engage men in the health care system by offering screenings and health promotions during work hours.
- Overcomes traditional obstacles that have historically prevented men seeking out preventive health services.
- Is convenient and cost saving for men and their employers.
- Increases participant's awareness of his health risks and provide him with expert advice about what actions to take.
- Facilitates patient-physician discussions about the patient's health. The program is conducted under the supervision of a trained health educator.



# Goals of the Men At Work Screening / Self Assessment Program

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- Assess risk factors for various health conditions based on self-reports and limited screenings where available
- Provide a consultation with health professionals to discuss the person's risk for certain medical conditions
- Give the participant a written report to discuss with their health care provider (their copy of the self assessment)
- Encourage participants to make a follow up appointment with a health care provider
- Facilitate a frank and open discussion about certain health risks between the participant and his health care provider



# Methodology

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- Company wide promotion of the event with an intranet copy and flyers provided by MHN
- Completion of a five section health quiz
- Analysis of the results with a health educator
- Incentive prize drawing, eligibility limited to those who participate in the program
- Physical tests for certain health concerns (select locations)
- Three week to 1-month follow-up to reinforce the need to visit a health care provider
- Post event article for placement in company newsletter with aggregate data from event
- Follow-up electronic survey and newsletter subscription



# Benefit to the Employer

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- Discovering undiagnosed health problems
- Reaching at-risk population (men) who typically aren't engaged in the healthcare system
- Revisiting treatments and progress for known health problems
- Health educator discusses specific treatment possibilities
- Encourage men to see a physician for diagnosis and treatment
- Participant has health insurance which allows for follow-up care



# Benefit to the Employer

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- A well designed health education and promotion plan can help reduce the number of work days lost through sickness and act as an early warning signal to detect potential or existing health problems.
- A recent review of health promotion and disease management programs found a significant return on investment for these programs, with benefit-to-cost ratios, ranging from \$1.49 to \$4.91 (median of \$3.14) in benefits for every dollar spent on a workplace health program. (DHHS: Prevention Makes Common “Cents” September 2003)
- A healthier workplace, a more productive staff, and dramatically decreased absenteeism. The cost of the program is easily offset by expenses incurred through lost working days, poor performance, and lower productivity.



# “Time Out for Men’s Health” Self Assessment Quiz

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- Questions are drawn from assessments developed by major medical organizations.
- Participants are asked to indicate which questions apply to them and what degree of difficulty they are experiencing with a particular health indicator (i.e. BPH section).
- Instructions on the test strongly encourage the participant to discuss his answers with his physician:

*The Men’s Health Network (MHN) compiled some standard health questionnaires to help you prepare for your next doctor visit. The “Time Out” quiz asks you a series of questions to determine if you are at risk for certain men’s health concerns, such as heart disease and low testosterone. Answer the questions as well as you can. Our health educator will review your answers with you. And, be sure to discuss the results with your doctor.*





# Event

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# Incentive Winner





# Men At Work is a Winner

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# Results Appear in Employee Newsletters

LOCAL 325 NEWS

AUGUST 2003

## National news



by Tonya Dorey -  
UAW ESSP Rep.

### "Time Out for Men's Health" Visits Ford Motor Company

Statistics show that men do not see a doctor for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions. So, the Men's Health Network (MHN) compiled a "Time Out for Men's Health" Quiz to help men prepare for their next doctor visit.

The quiz asked a series of questions to determine if our male employees were at risk for some common health concerns, including depression, low testosterone, enlarged prostate, prostate cancer and heart disease.

The quiz showed many of our employees have risk factors for heart disease and prostate concerns. Most of these factors are related to age, ethnicity and a family history of the condition. 60 percent of our employees who took the quiz have some potential signs of depression\*, and 30 percent have symptoms of low testosterone\*.

Overall, you can lead a healthy life by exercising regularly, eating a nutritious diet and visiting the doctor annually. By visiting your doctor, you will be able to detect each condition at an early stage where treatment may be more successful.

So, talk to your doctor about the conditions mentioned in this quiz, especially if you are at a high risk. Ladies, you may have to persuade your husband to get checked!

For more information about each condition, please visit

the following Web sites:

- [www.nmha.org](http://www.nmha.org)
- [www.mytestosterone.com](http://www.mytestosterone.com)
- [www.afud.org](http://www.afud.org)
- [www.heartcenteronline.com](http://www.heartcenteronline.com)
- [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

MHN is a non-profit organization dedicated to raising awareness about men's health issue. The organization is based in Washington, D.C.

\*This is not a representative sample of the national population

# Results Appear in Employee Newsletters

National Aeronautics and Space Administration

## NEWS Safety & Total Health



Vol. 11 No. 1 January 2006

Hotlines: JSC Emergency 33333 • Ellington Field 44444 • Emergency Preparedness 34249 • Safety Hotline 37500 • Safety Office 36345 • JSC Clinic 34111

### ***JSC Men's Health***

Last year, the Men's Health Network paid a visit to JSC to answer specific questions and to get a picture of the health issues most affecting the males among us.

Following is a summary of the findings.

Demographically, the youngest man in the survey was 23; the oldest, 64. The average age was 49. Of these, 75 percent were white males, 6 percent black, 3 percent Hispanic, and 16 percent Asian.

Of the 34 men who took part, 65 percent are at low risk for depression; 32 percent are at moderate risk, and 3 percent are at high risk. Low testosterone indicated 53 percent at low risk, 18 percent at moderate,

and 29 percent at high risk. BPH, or enlarged prostate, showed 74 percent to be at mild risk, 26 percent at moderate risk, and 0 percent at severe risk. Prostate cancer has 41 percent at low risk, while 59 percent are at high risk. Heart disease showed 15 percent at low risk, 53 percent at moderate, and 32 percent at high risk.

When questioned about cholesterol knowledge, 71 percent of the men knew that cholesterol comes from two sources: from the food we eat and what our body produces naturally based on heredity. More than half knew that high cholesterol is a risk factor for diabetes, hypertension,

and Cardiovascular disease. Almost half, 48 percent, of the men reported a family history of high cholesterol, heart disease, or diabetes.

As a male employee at JSC, where do you suppose you fit into these figures? The only way to be sure is to visit your primary care physician for regular checkups. Learn your risk factors while there is still time to improve them if necessary.

*Thanks to Reta Warren/SD/WLS for contributing this information.*



# Participant Comments

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- I enjoyed the chance to find out about my health, since I never have time during my personal time away from work.
- The administrators of the tests were highly knowledgeable and friendly and ready to discuss any questions I may have had; every kind of health issue I could think of was addressed and there was plenty of literature available on each issue.
- It was not only very useful it was fun, too.
- It was great – everything was educational and informative.
- The event keeps me aware and provides information I need to know.
- The folks who conducted the program knew what they were doing and seemed to do it well.
- The survey questions on different health issues were useful.
- It was very informative as to the risks men are faced with.



# Sample

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The Men At Work program: Featured in workplace locations around the country

Data are taken from approximately 600 workers who participated in six events

Ages range from 20 to 70

Average age = 41.5      Median age = 41

Participants age 40 and above indicate significantly poorer health in each category



# Depression – Questions

(yes or no answer)

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1. Do you have any changes in appetite that result in weight losses or gains not related to dieting?
2. Do you have insomnia or oversleep?
3. Do you have a loss of energy or increased fatigue?
4. Are you restless or irritable?
5. Do you have feelings of worthlessness or inappropriate guilt?
6. Do you have difficulty thinking, concentrating, or making decisions?
7. Do you have thoughts of death or suicide or attempts at suicide?





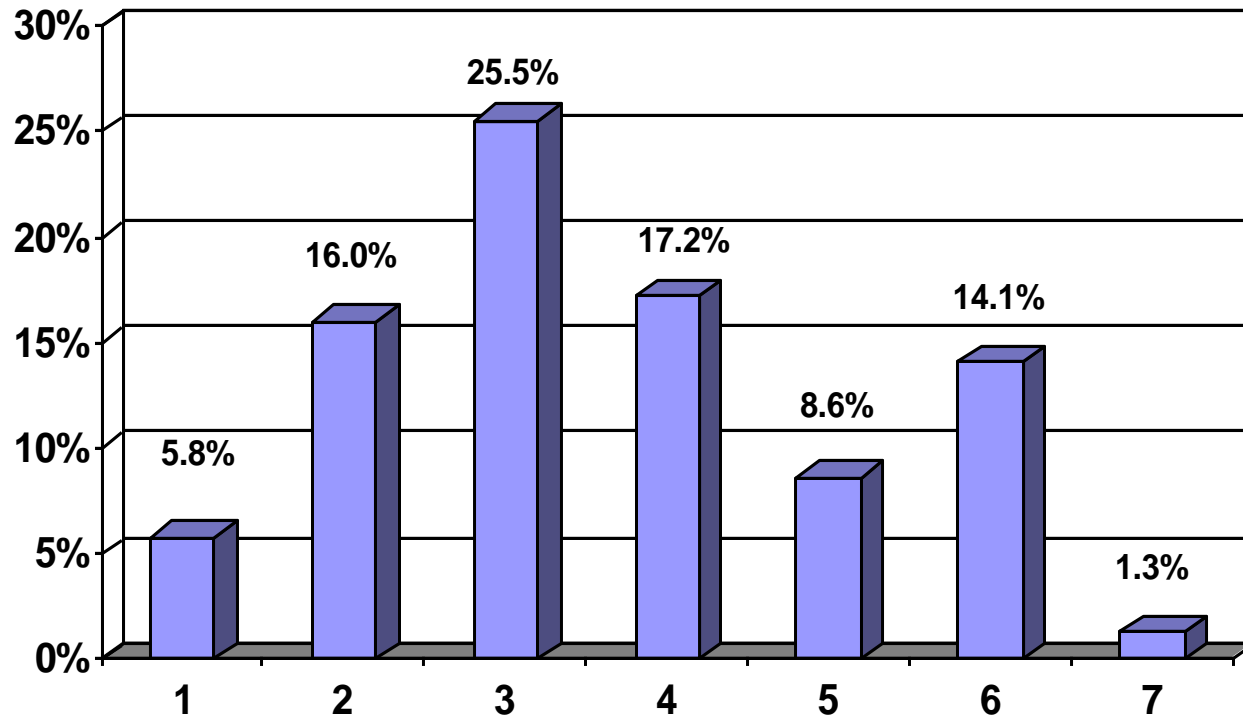
# Depression – Responses

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- 40% of the participants answered “yes” to at least one of the questions, and of those who answered yes:
  - 41% report they “have insomnia or oversleep”
  - 65% report “loss of energy or increased fatigue”
  - 44% report they are “restless or irritable”
  - 36% report “difficulty thinking, concentrating, or making decisions”
  - 3% say they “have thoughts of death or suicide or attempts at suicide”

# Depression – Responses: % that ans. “yes” to each ques.

Yes to Questions 1-7





# Low Testosterone – Questions

(yes or no answer)

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1. Do you have a lack of energy?
2. Do you have a decrease in strength and/or endurance?
3. Have you lost height?
4. Have you noticed a decreased “enjoyment of life?”
5. Are you sad and/or grumpy?
6. Have you noticed a recent deterioration in your ability to play sports?
7. Are you falling asleep after dinner?
8. Has there been a recent deterioration in your work performance?
9. Do you have a decrease in libido (sex drive)?
10. Are your erections less strong?



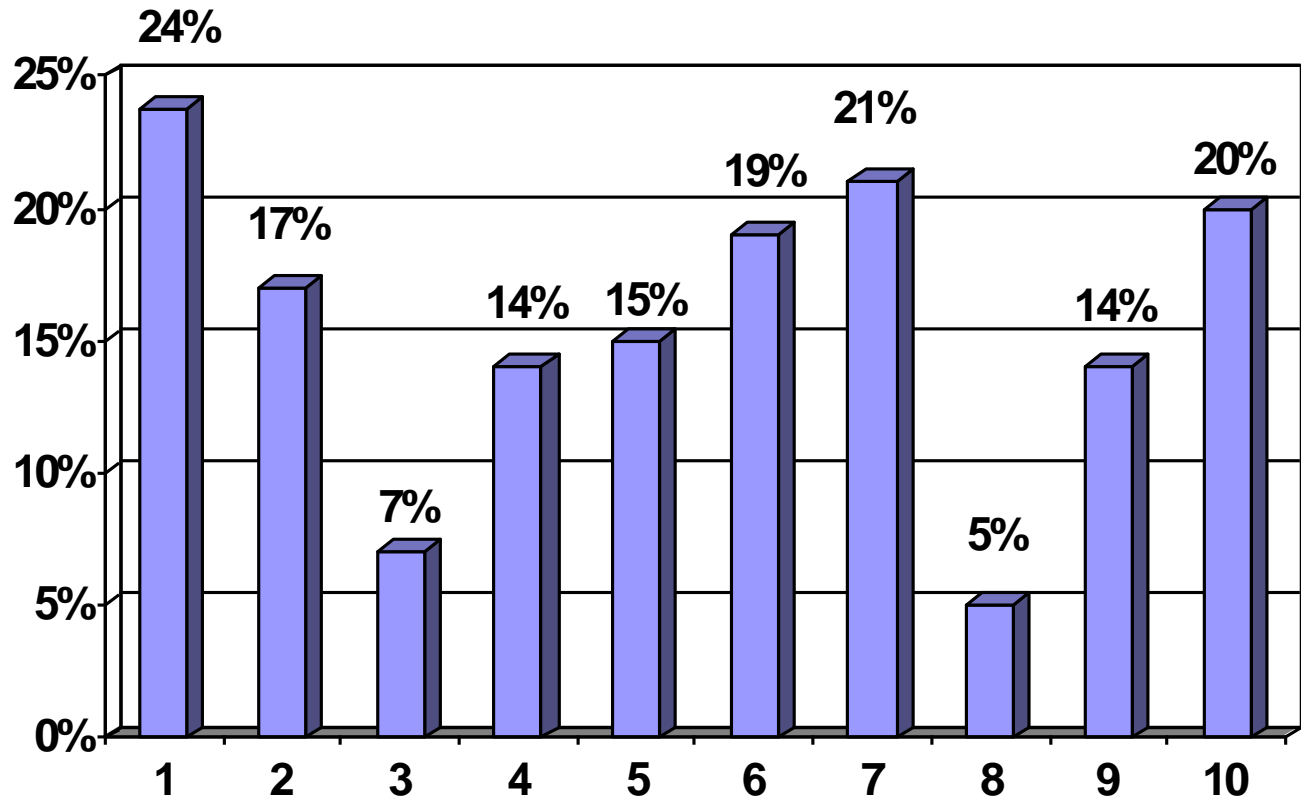
# Low Testosterone – Responses

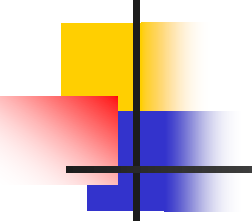
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- 49% of the participants answered “yes” to at least one of the questions, and of those who answered yes:
  - 48% report “a lack of energy”
  - 34% report “a decrease in strength and/or endurance”
  - 31% report they are “sad or grumpy”
  - 38% report “deterioration in...ability to play sports”
  - 43% report “falling asleep after dinner”
  - 29% report “a decrease in libido (sex drive)”
  - 40% report “erections less strong”

# Low Testosterone – Responses: % that ans. “yes” to each ques.

Yes to Questions 1-10





# Benign Prostatic Hyperplasia (BPH) – Questions

(response scale of 1 – 5, and 1-6 for question 8)

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1. How often have you had a sensation of not emptying your bladder completely after you have finished urinating?
2. How often have you had to urinate again less than 2 hours after you have finished urinating?
3. How often have you found you stopped and started again several times when you urinated?
4. How often have you found it difficult to postpone urination?
5. How often have you had a weak urinary stream?
6. How often have you had to push or strain to begin urination?
7. How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?
8. If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?



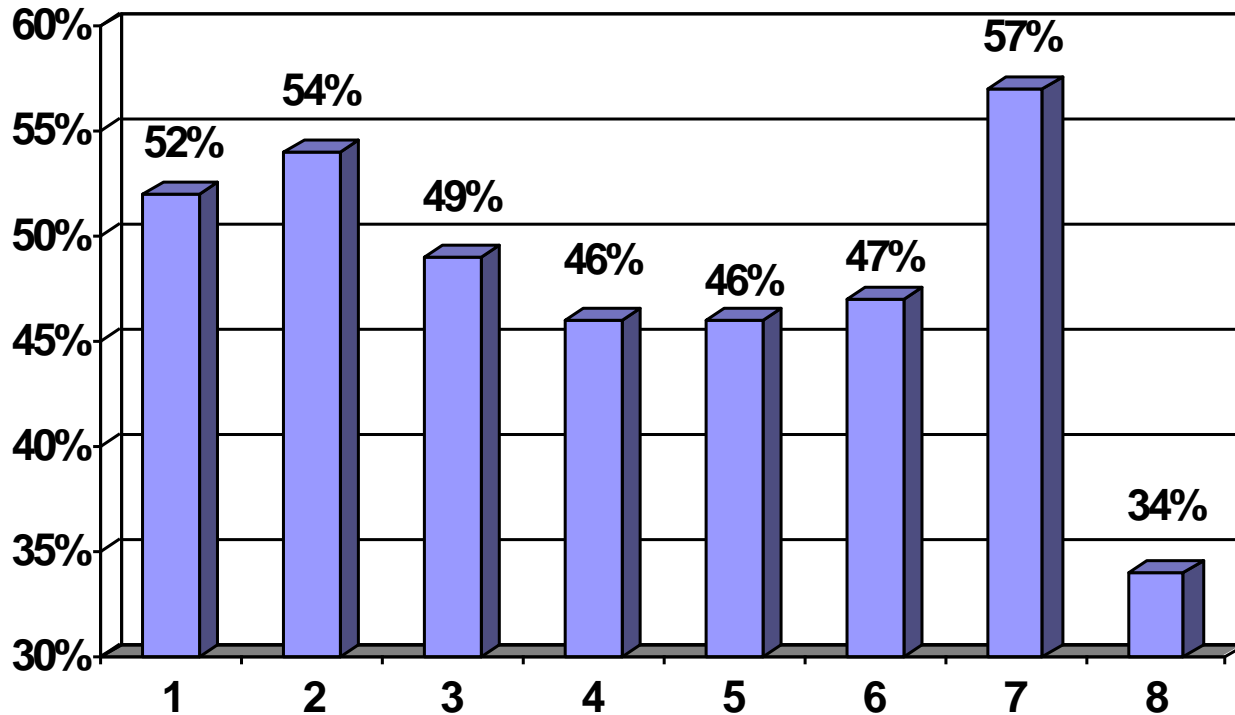
# BPH – Responses

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- 89% of the participants indicated that at least one of the questions applied to them, and of those who answered that one of the questions applied to them:
  - 68% have a sensation of “not emptying” after they have finished urinating
  - 86% have had to “urinate again” in less than 2 hours
  - 65% have “stopped and started several times” when urinating
  - 80% have to “get up to urinate” during the night

# BPH – Responses, % that answered “less than half the time”

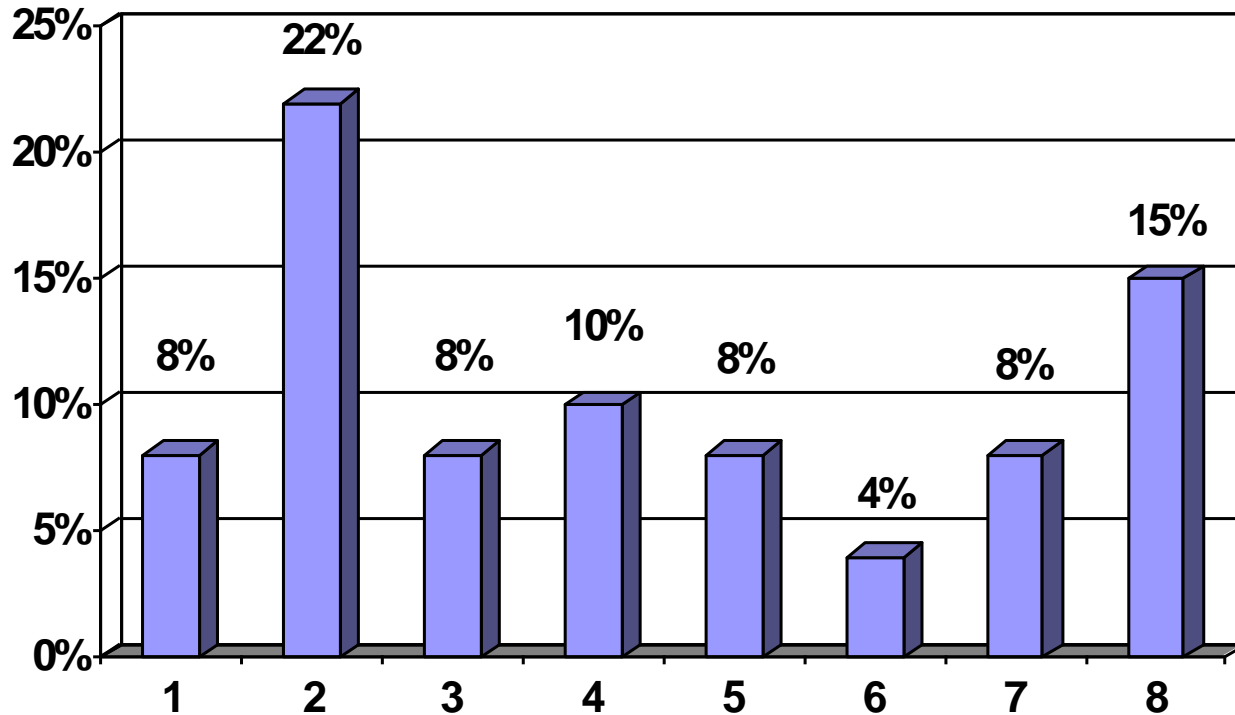
Indicated 1 or 2 to Questions 1-8





# BPH – Responses, % that answered “half the time or more”

Indicated 3 or 4 or 5 to Questions 1-8





# Prostate Cancer – Questions

(yes or no answer)

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1. Are you over the age of 50?
2. Do you have a family history of prostate cancer?
3. Are you of African American descent?
4. Do you have constant hip or back pain?
5. Do you have difficulty urinating?
6. Do you have painful or burning urination?
7. Do you have blood in your urine?



# Prostate Cancer – Responses

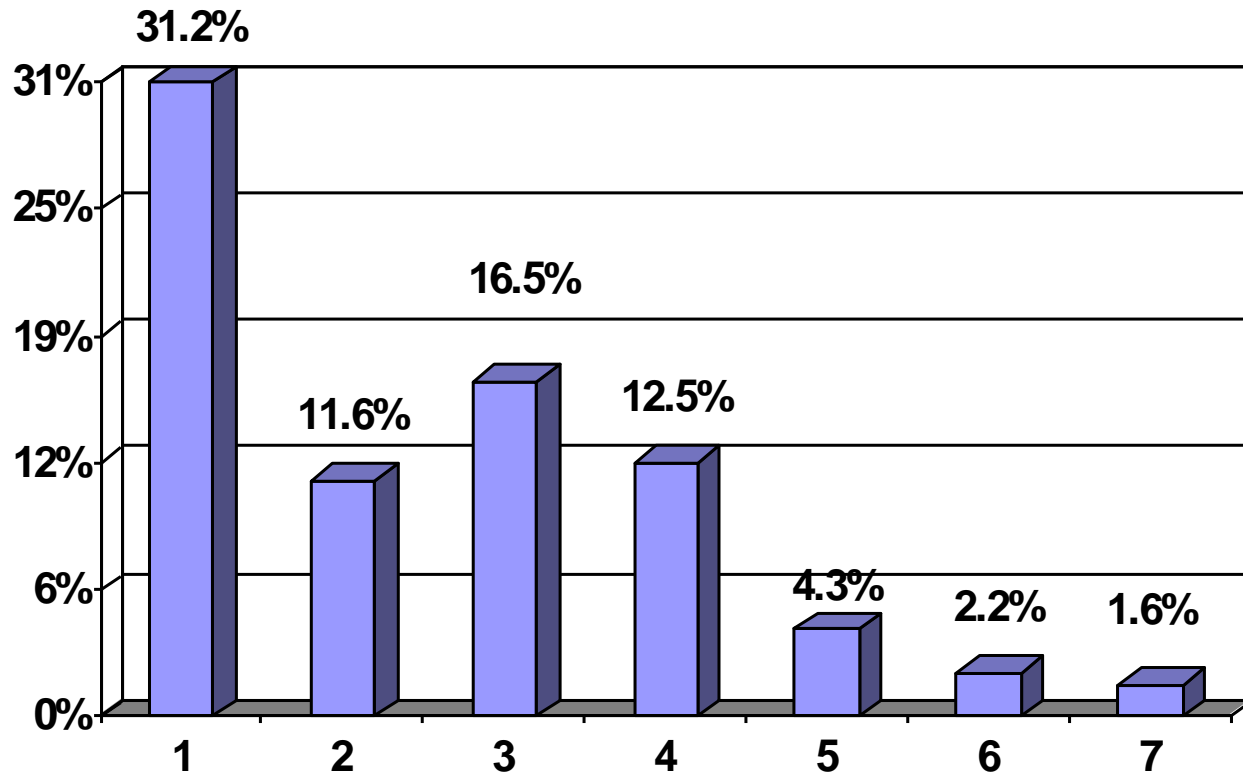
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- 57.2% of the participants answered “yes” to at least one of the questions, and of those who answered yes:
  - 55% report they are “over the age of 50”
  - 20% report “a family history of prostate cancer”
  - 22% report “constant hip or back pain”
  - 8% report “difficulty urinating”
  - 4% report “painful or burning urination”
  - 3% report “blood in your urine”

# Prostate Cancer – Responses

% that ans. “yes” to each ques.

Yes to Questions 1-7





# Heart Disease – Questions

(yes or no answer)

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1. Are you over age 51?
2. Do you have immediate family member who has had a heart attack, stroke, or heart surgery?
3. Do you smoke?
4. Is your blood pressure consistently more than 135/85?
5. Is your cholesterol level more than 200?
6. Does your diet include high fat foods such as fried food, fatty meat, butter, whole milk and cheese?
7. Do you exercise less than one or two times per week?
8. Do you have diabetes?
9. Are you 20 or more pounds overweight?
10. Do you have a high stress level?
11. Are you of African American or Hispanic descent?



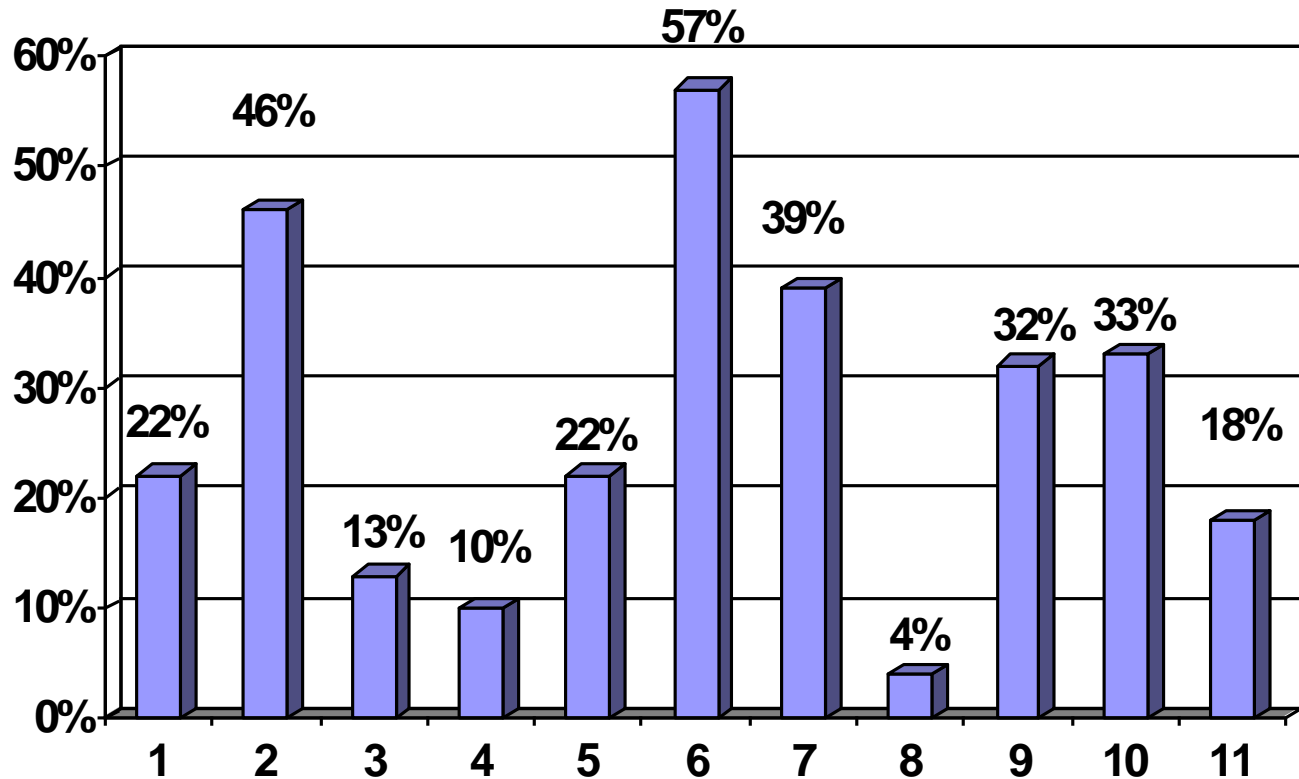
# Heart Disease – Responses

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- 93% of the participants answered “yes” to at least one of the questions, and of those who answered yes:
  - 49% have an immediate family member who has had a heart attack, stroke, or heart surgery
  - 11% have high blood pressure
  - 24% have high cholesterol
  - 43% get little exercise
  - 5% have been diagnosed with diabetes
  - 34% are more than 20 lbs overweight

# Heart Disease – Responses: % that ans. “yes” to each ques.

Yes to Questions 1-7





# Electronic Survey

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- Sent to participants via electronic mail 2 weeks following the event:
  - Have you seen a physician for preventative care in the past year (i.e. check-up or other screening) ?
  - Did you find our screening useful?
  - Have you consulted with your physician about your results and possible health risks?
  - If not, do you intend to consult with your physician about your results and to discuss further any other health risks?
  - Men: Do you understand more about your prostate and prostate cancer from having attended the screenings?
  - Would you like to receive more information about prostate diseases?
- Results: 66.7% had consulted a physician about the results of their tests or intended to do so in the near future
- Additional questions can be added to the basic survey





**For More Information, contact:**

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