

No. 106/25

6<sup>th</sup> June 2025

**To: All Branches**

Dear Colleagues,

## **Men's Health Week 2025**

Men's Health Week (9th-16th June 2025) is an annual awareness week designed to give men access to the information and services they need to live healthier, longer, and more fulfilling lives. It serves as a vital national initiative to raise awareness of the physical and mental health issues disproportionately affecting men. This year's campaign is run by the Men's Health Forum charity, who are calling for the development of a comprehensive Men's Health Strategy, which is seen as an essential step in tackling preventable ill-health and premature mortality among men.

[We need a Men's Health Strategy | Men's Health Forum](#)

Men are still dying needlessly young.

- **One man in five dies before the age of 65**
- **40% of men die before the age of 75**

## **Some key facts**

Over three-quarters of premature deaths from heart disease are male. Coronary heart disease (CHD) is the most diagnosed type of heart disease. CHD is responsible for around 66,000 deaths in the UK each year, an average of 180 people each day, or one death around every eight minutes. A British Heart Foundation (BHF) fact sheet for Men & Women can be downloaded via this link [BHF UK CVD Factsheet](#). More information about when and how to perform Cardiopulmonary Resuscitation (CPR) is available via this 15-minute mobile training link, all you need to practice is a cushion. This training can save lives.

[Learn CPR in 15 minutes for free | RevivR - BHF](#)

Men are 43% more likely to die from cancer, and overall, the number of men getting cancer is rising. Some cancers only affect men, some trans women, and non-binary people who were born male can also get these cancers. There is support & information available via Cancer Research UK.

[Cancer mortality by age | Cancer Research UK](#)

Three-quarters of suicides are male and while women are more likely to experience symptoms of

anxiety and depression than men, societal expectations mean men are less likely to share how they are feeling according to Mental Health First Aid England (MHFA England). Therefore, it's hard to tell if the figures are a true representation. Encouragingly, The Workplace Health Report 2024 identified an increase in the number of men seeking help for their mental health. Nevertheless, there is still work that needs to be done to ensure seeking help isn't seen as a sign of weakness, but one of strength and courage.

### [Men's mental health - Mental Health UK](#)

#### **Leading the way**

Men's Health Week is now celebrated in many European countries and serves as a powerful reminder of the importance of men prioritising both their physical and mental wellbeing, dismantling stereotypes, and seeking help. We know there is still a long way to go in encouraging help-seeking behaviours, but workplaces are a logical place to start.

The CWU are fully committed to the Men's Health Week priorities for 2025 to:

- Heighten awareness of preventable health problems for males of ALL ages.
- Support men and boys to engage in healthier lifestyle choices.
- Encourage the early detection and treatment of health difficulties in males.

Currently an All-Party Group is reviewing the case for a men's health strategy, while the Women and Equalities Committee of MPs in the last parliament recommended that government give 'serious consideration' to one. The Government wants both members of the public and healthcare experts to have their say on ways to tackle the biggest health problems facing men. This call for evidence is part of the Government's plan for changing and improving health care for everyone.

The 12-week call for evidence runs from 24th April to 17th July 2025.

### [Men's Health Strategy - Department of Health and Social Care](#)

**This call for evidence closes at 11:59pm on 17 July 2025**

For those using British Sign language the call for evidence will remain open until **11:59pm on 15 August 2025**.

### [Men's Health Strategy for England: call for evidence in British Sign Language - GOV.UK](#)

The CWU supports the Beyond Silence campaign and promotes and celebrates Deaf Awareness across the UK and in workplaces. ["Beyond Silence"](#)

**This LTB is shared on behalf of CWU Central Services.**

If you have any questions or need any further information, please contact – Jamie McGovern, FRSPH MIIAI at [jmcgovern@cwu.org](mailto:jmcgovern@cwu.org).

