

HAMPSHIRE JSNA SPOTLIGHT

Men's Health

How does this impact our population?

Men's health outcomes in Hampshire reflect a wider national pattern, with services often underutilised. An estimated **88,660** men aged 16+ have a common mental disorder, including **33,110** with generalised anxiety disorder. This unmet need is reflected in more severe outcomes, with 339 deaths by suicide between 2021 and 2023, 240 of which were men (**13.4 vs 5.0 per 100,000 for women**). Men also experience preventable health conditions and often ignore early warning signs. They have a higher rate of under-75 mortality from causes considered preventable than women (**147 vs 80 age-standardised rate per 100,000**), rising to nearly three times higher in the most deprived areas.

Men's Health is June's spotlight topic as **15th–21st June**

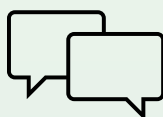
is Men's Health Week. The campaign raises awareness of preventable health issues and encourages men to seek professional advice earlier.



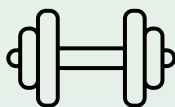
Take Action



Know what health checks are available for you



Make time to talk about your health and wellbeing



Be active – find ways to move that work for you

What support is in place for Hampshire residents?

Hampshire residents can access the Hampshire County Council's [men's mental wellbeing toolkit](#) for practical tools and local support. Support and information is also available for [those affected by suicide and those in crisis](#). Men aged 40 to 74 can access support through [NHS Health Checks](#). Additional support and advice on cardiovascular health is available through the [Healthy Hearts programme](#).

Where can I learn more?

Visit [Healthy People, Major Conditions](#) and [Births and Deaths JSNA](#) reports for local insight on men's health. Related topics include preventable mortality, adults' mental health and wellbeing and long-term conditions. The [JSNA data glossary](#) can help guide you.

If you have a question and would like to get in touch with Hampshire's Public Health Intelligence Team, you can use the QR code or email PHIT@hants.gov.uk

