

17 November 2023

International Men's Day 2023 (Sunday 19 November)

“Be a man!” and focus more on your health, rural men urged

In the lead-up to International Men's Day 2023 (this Sunday 19 November), the Rural Doctors Association of Australia (RDAA) is urging rural and remote men to “Be a man!” and take the time to focus on their physical and mental health.

The theme of International Men's Day this year is *Healthy Men, Healthy World*.

“While women can be very good at eating well, getting plenty of sleep, ensuring they put on sunscreen when outdoors, getting regular health checks and seeking mental healthcare, men unfortunately can be less adept at looking after their own health – and this is particularly true for those who live in the bush” **RDAA President, Dr RT Lewandowski, said.**

“It is critical, however, that rural and remote men take the time to look after their physical and mental health – and feel empowered to seek help early.

“We need to encourage more rural and remote men to get regular check-ups from their local doctor – including for heart health, skin cancer, prostate cancer, and bowel cancer – wear protective gear when working in dangerous occupations or being out in the sun, eat well, reduce the amount of alcohol they drink, quit smoking, exercise regularly, and feel comfortable to seek mental health help.

“Sadly, 50 Australian men die each day from preventable causes before they reach the age of 75 – and men born in Australia are still dying an average of 7 years younger than women born in Australia.*

“Men and boys account for:

- 3 in 4 suicides
- 4 in 5 heart disease deaths under 75
- 3 in 4 alcohol-related deaths
- 3 in 4 road deaths
- 96% of workplace deaths
- 70% of deaths in young people aged 15-34*

“These worrying statistics could be vastly improved by men becoming more proactive in improving their own health and wellbeing, and feeling more empowered to seek help when they need it.

“We also encourage rural men to embrace their role of being a caring colleague, boss, coach, mate, father, son, and all the other roles they play in their community...as this is a very powerful way to change the culture around men's health and wellbeing, particularly in the bush.”

* Further resources on men's health:

- International Men's Day (Australia) website - www.internationalmensday.info/healthy_men
- Australian Men's Health Forum – www.amhf.org.au

Available for interview:

RDAA President, Dr RT Lewandowski
RDAA CEO, Ms Peta Rutherford

A high resolution photo of Dr RT Lewandowski is [available here](#).

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