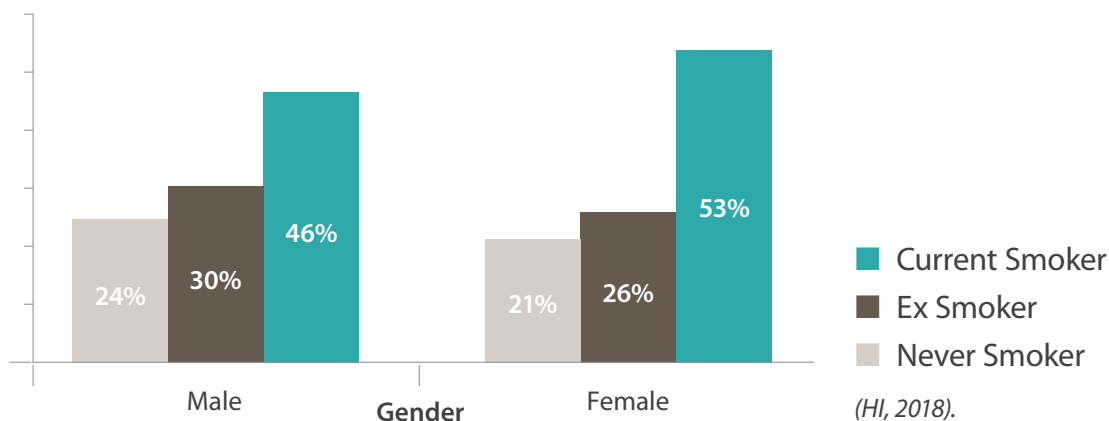


Men's Health & Lifestyle Fact Sheet



SMOKING

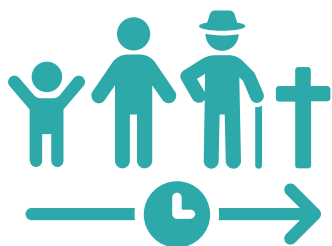
- In Ireland, men are more likely to smoke than women, with twenty-four percent of men currently smoking, compared to twenty-one percent of women.
- Thirty percent are ex-smokers. This is highest among men aged 65 and older, 47% of whom are ex-smokers.



ALCOHOL

- Men are more likely than women to drink alcohol (79% and 74% respectively).
- Over half (54%) of drinkers, drink alcohol at least once a week with 32% of drinkers drinking on multiple days each week.
- Almost two out of every three (61%) men who drink do so at least once a week.
- The majority (58%) of male drinkers binge drink on a typical drinking occasion, compared with 21% of female drinkers.

(HI, 2017).



LIFE EXPECTANCY

- The average male life expectancy at birth ranges from 64.7 to 81.2 years (CSO, 2013; WHO, 2018).

WEIGHT

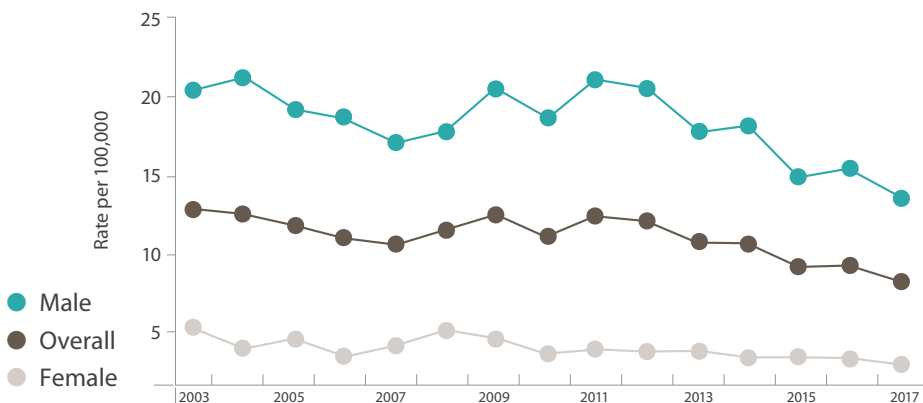
- Men are more likely to be overweight than women, with 70% of men overweight or obese, compared with 53% of women (HI, 2017).



SUICIDE

- On average, the male suicide rate is 3.5 times greater than the female rate in developed or high human development index countries (*WHO, 2018*).
- Suicide rates among 30–49-year-old men are five times higher than among women of the same age (*WHO, 2018*).
- Serious emotional problems and depression symptoms often remain undiagnosed in men. Failure to recognize mental health problems contributes to suicide rates being significantly higher in men (*WHO, 2018*).

Suicide rate per 100,000 in the Republic of Ireland 2003 – 2017



CVD'S

- Eighty-six per cent of all male deaths can be attributed to non-communicable diseases and injuries. The main causes of cardiovascular diseases (CVDs) include cancers, diabetes and respiratory diseases. CVDs are the main cause of premature mortality (between ages 30 and 70 years) in Europe (*WHO, 2018*).

TRAFFIC DEATHS

- Men are more likely to die in road traffic collisions. In 2017, 117 males were killed on Irish roads. Three quarters of all road-traffic deaths occur among young men under the age of 25 (*RSA, 2017*).



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