

# MEN'S HEALTH

## KEY DATAS ON UNDERSTANDING MEN'S RELATIONSHIP WITH HEALTH

Men life's  
expectancy is **5.2  
years lower** than  
women's

On average, women in the EU are expected to live until 84.1 years of age, which is 5.2 years more than men, at 78.9 years, according to a study by Eurostat from 2024.



● women's attendance  
● men's attendance

The doctor visit rate  
was **27% lower**  
for men

In 2018, men's attendance at doctor appointments was 27% lower than women's, illustrating a difference in help seeking behaviours.

Exercising  
**150 min/week** could  
**prevent diseases**



In 2018, the WHO recommended increasing physical activity to a minimum of 150 minutes of moderate-intensity physical activity per week. Their study shows that it would prevent 11.5 million new cases of non-communicable diseases by 2050

## Main causes of death in Europe

- **Non-communicable diseases (NCDs)**  
**22% of men** in the WHO European Region are likely **to die from NCDs** before their 70th birthday, compared with 11% of women.. According to the World Health Organization (WHO, 2018), insufficient physical activity ranks as one of the leading risk factors for NCDs, such as cardiovascular diseases, cancer, and diabetes.
- **Suicide**  
In the EU, women are more likely to experience common mental health disorders, such as depression and anxiety; however the rate of suicide is **four times higher** in men than in women
- **Accidents (risk seeking behaviours)**  
Accidents disproportionately affecting men occur in three major areas: the workplace, leisure activities, and road traffic. Across those contexts, a common pattern can be observed, as accidents are often preceded by a sequence of behavioural steps.

**a risk is  
present**

**it is perceived as  
normal or  
acceptable**

**no preventive  
action is taken**

**an accident  
occurs**



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