



British Forces Germany Health Service

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MEN'S HEALTH - GET A MAN ONLINE

This week sees the launch of national Men's Health Week (13-19 June 2011) organised by the Men's Health Forum (MHF), a charity that provides an independent and authoritative voice for male health.

Recent research shows that many men are reluctant users of traditional health services, such as GPs and pharmacies, and do not always respond to mainstream health awareness campaigns. However, as most men care about their health and are enthusiastic users of wide range of new technologies – online systems, mobile phone applications, social networking, gaming etc, the charity wants to focus this year's campaign on highlighting these new technologies to men so they take action to improve their health.

There is growing evidence that information and services provided through the internet and other technologies can be used to improve men's health outcomes. 37% of men used the internet for health information in 2009, up from 31% in 2008, according to National Statistics data.

An example of where these online resources might be useful for our military personnel is found in some research conducted by the BFG Health Service. It shows that the diet of many young male soldiers could be improved by cutting down on full-sugar fizzy drinks and ensuring that breakfast is not missed out each morning. Visiting these websites below could broaden our understanding about the importance of healthy eating in weight management and keeping fighting fit.

Useful sites that men may wish to browse are:

Focussing on men's health:

www.nhs.uk/livewell/men1839

www.malehealth.co.uk

For healthy eating:

www.nhs.uk/livewell/healthy-eating

For military health:

www.nhs.uk/nhsengland/militaryhealthcare/Pages/Militaryhealthcare.aspx

For reducing your alcohol intake, try:

www.drinkaware.co.uk

Many of our Medical Centres hold Dietetic clinics each month at Hohne MB 20, Sennelager MRS, Herford, Gutersloh and JHQ. All you need is a referral from your GP, PTI or HCP.

ENDS

Notes to editor:

1. British Forces Germany Health Service (BFG HS) provides healthcare services to military personnel and entitled personnel serving in Germany and Belgium and manages Primary Healthcare services for the European Isolated Detachments (ISODETS) through the Joint Support Units medical centres.
2. The Telephone Advice Service software used for Out of Hours treatment in all our Medical Centres won top prize in the Innovation and Service Development category at the Military and Civilian Health Partnership Awards, held in November 10. The awards recognise best practice in the delivery of healthcare to the Armed Forces, their families and veterans.
3. For more information about the BFG Health Service, including the latest news, publications and public health advice visit our website <http://www.bfgnet.de/bfghs/bfghs.html>