



# Let's hear it for men's health and wellbeing

Healthwatch Calderdale  
Key Findings

**healthwatch**  
Calderdale

**Never  
Heard**

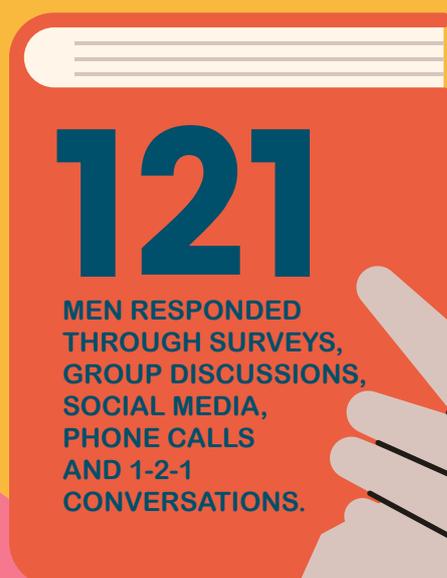
# Giving a voice to people who need it most

## Let's hear it for men's health and wellbeing

### What is it and why are we doing it?

'Some men are reluctant to go to doctors, some men don't feel able to talk about their health and wellbeing' – But what about Calderdale men?

At Healthwatch Calderdale, we wanted to find out what men in our community are currently doing to look after their health and wellbeing and how confident they feel doing so. We provided a platform to debunk myths about men's approach to health and wellbeing where men could safely voice their thoughts and opinions.



From June to August 2023, we spoke to 121 men from all walks of life, and ethnic backgrounds, aged 18 to over 80, and from every postcode Calderdale.



# Men's Health Calderdale

We received feedback from people in all postcodes in Calderdale, with the highest from HX2 14%; and HX1 10%; 48% did not specify a postcode area but gave their location as Calderdale.

## Men's Health summary: Calderdale

Healthwatch Calderdale received 121 responses from men across Calderdale.

**Motivation features highly as what men in Calderdale need to improve the way they manage their health. Many suggest that would be a person who can motivate them, but not necessarily a clinician.**

28% of men in Calderdale said 'feeling healthy and well' was what health and wellbeing means to them, followed by 'fit and active' (17.3%), then 'being able to be healthy' (8%). This indicates that people 'feeling' a particular way matters as much as them 'being' that way.

44.6% of men told us exercise and diet 31% were the two main things they did to manage their health followed by needing medical attention 13%; indicating most men self-manage their health where they can.

**“Being well physically and mentally and feeling happy in yourself and where you are in your life. Eating, sleeping well and taking care of yourself.”** – Calderdale, age 50-64

**“I am a widower and sometimes it is difficult to motivate myself without the support of a loved one.”**  
– Calderdale, age 50-64

**“If I don't go to the gym I feel demotivated but it's expensive to be healthy.”**  
– Calderdale  
age 25-49

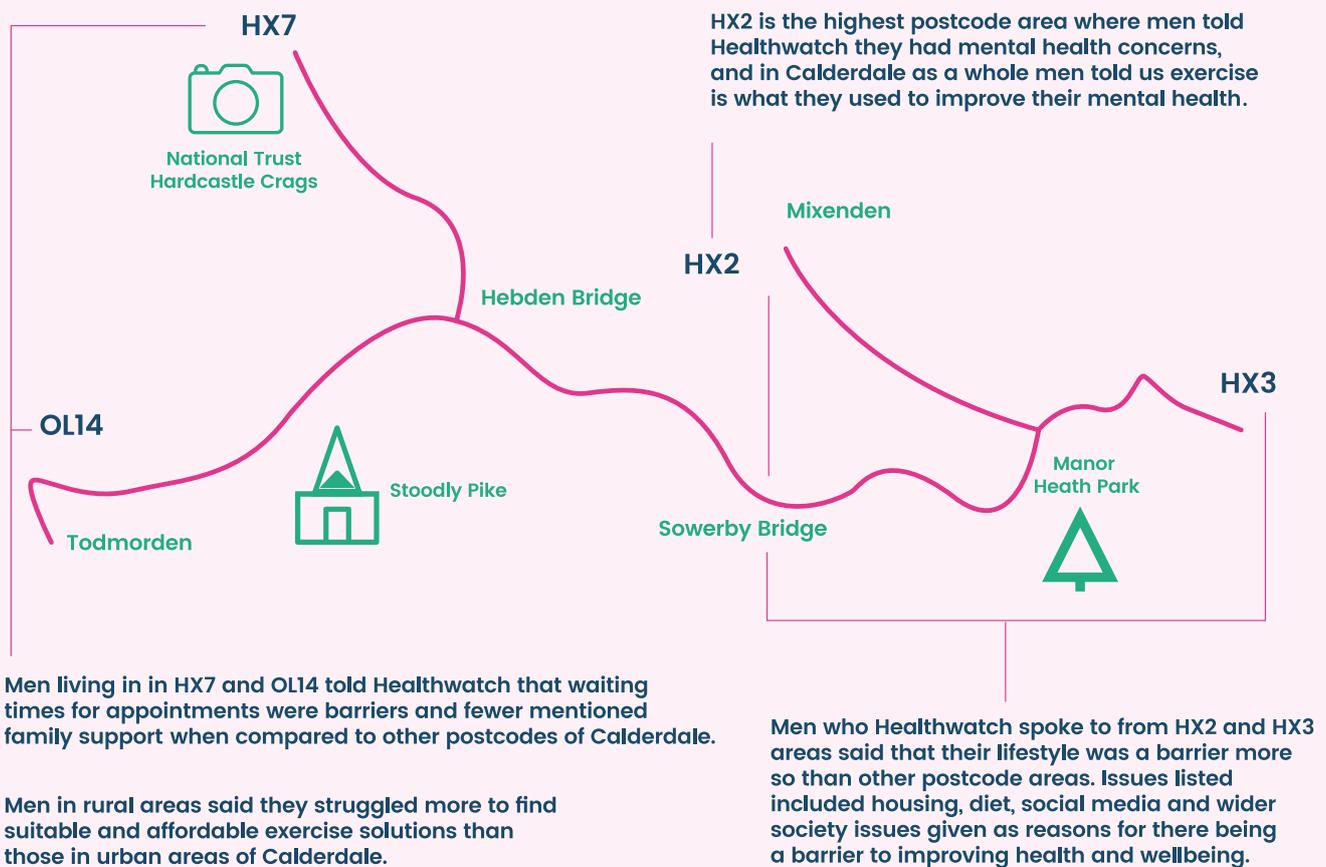


## Barriers to men in Calderdale managing or improving their health

In all Calderdale postcodes, services and access to services (26%) were listed as the main barriers to people improving their health; followed by their current health needs 18%; work 11%; and then diet 10%.

### Barriers to men in Calderdale managing or improving their health

26% of men told Healthwatch that services and access to services is the main barrier affecting their ability to manage their health and wellbeing.



**healthwatch**  
Calderdale

**“Not being able to access my GP in a timely manner.”**

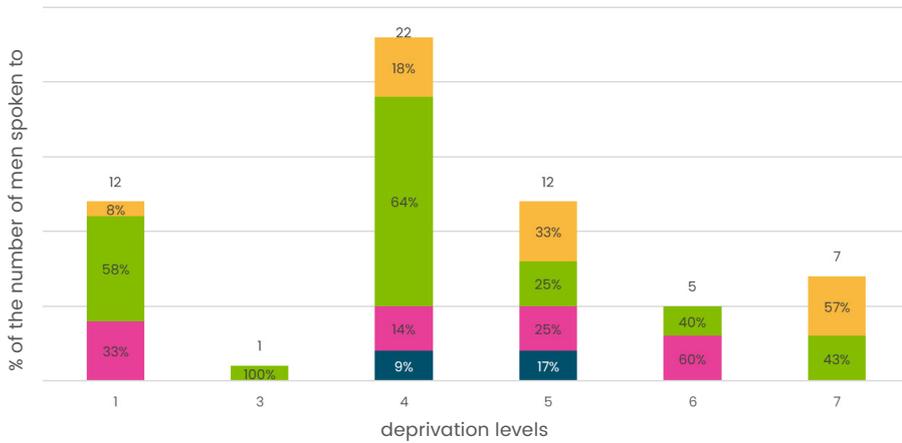
— Calderdale, age 65–79

**“We have a mobile and it costs a lot to phone for appointments.”**

— Calderdale, age 50–64

# Men's health confidence in Calderdale

Q. How would you rate your ability (knowledge, skills and confidence) to manage your own health and wellbeing?



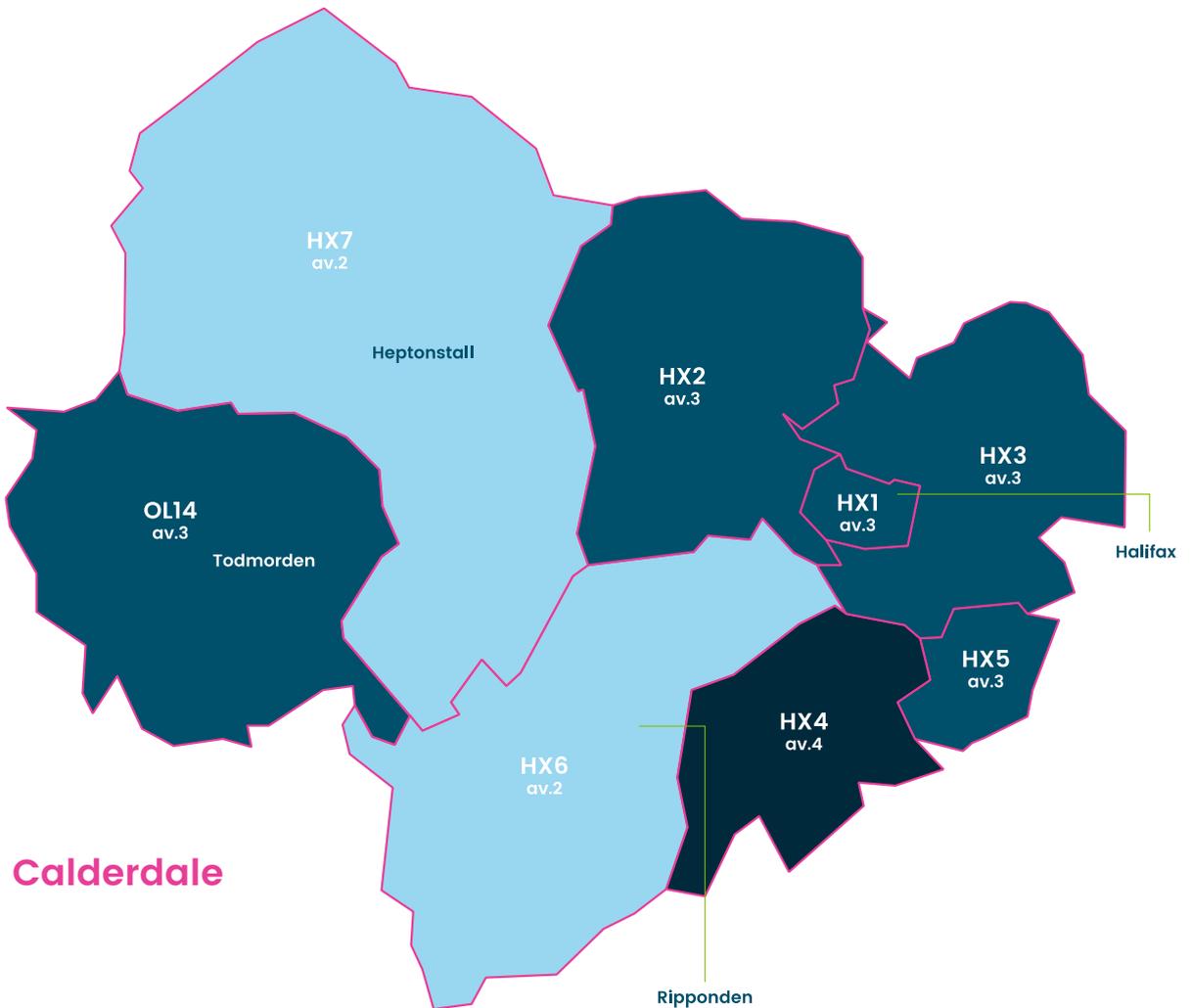
The graph shows the relation between deprivation level and how able/confident men feel to manage their health and wellbeing

**Key:**

- not able
- a little able
- quite able
- very able

**Postcodes by deprivation level:**

- 1: HX1
- 3: OL14
- 4: HX2, HX5
- 5: HD6, HX3, HX6
- 6: HX7
- 7: HX4



The map above shows the average level of men's health and wellbeing confidence by postcode areas based on the responses Healthwatch received. The darker the colour the higher level of confidence (Graded from 1-4).

**Grade Key:**

- 4 - Very confident
- 3 - Quite confident
- 2 - A little confident
- 1 - Not confident at all

## What men in Calderdale say they need to stay well:

Healthwatch asked men in Calderdale what they needed to improve their health and wellbeing, and better medical attention rated highest. There is a need for more community based, practical support, affordable exercise options and easier access to health professionals. Ideas also suggested included full health checks, drop-in sessions, medical advice in different languages, affordable hot food delivery services.

**“Being able to get practical support and information. Someone to help with personal hygiene like shaving. They don’t have Admiral nurses in this area this would help.”** – Calderdale, age 80+

**“Some company and someone to take me out who is trustworthy to help me.”**  
– Calderdale, age 80+

**“A community exercise class. Prescribed exercise classes as gyms are too expensive”** – Calderdale, age 25-49

**“Opening times of doctors need to be more flexible.”**  
– Calderdale, age 18-24

**“I’ve tried every diet but nothing really works. If there was a drop-in at work I’d ask but I wouldn’t make a GP appointment for it.”**  
– Calderdale, age 25-49

**“I live in the hills: it makes some exercise for beginners hard so easy fitness ideas are needed.”**  
– Calderdale, age 25-49

**“Finding the right place for information, there is so much about CBT/anxiety but they are businesses pushing for sales; I want genuine independent advice and reviews but I’ve struggled to find these.”** – Calderdale, age 18-24

**Men in Calderdale need practical support and information.**



# What's next?

Healthwatch will share this information with providers and commissioners of services. We'll be asking them to tell us what they could do to improve the service they offer to men, that will empower men to look after their own health and wellbeing.

For more from our men's health work, you can find reports on Key Findings, Health Inequalities, Mental Health and local findings in Kirklees on our website.



**healthwatch**

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