



Men's Health Q&A

What are the overall results from the survey?

More men are exercising regularly and rate their health as excellent or very good. They report having a regular source of care – most often a physician. However, nearly half of men (48 percent) have been diagnosed with at least one listed chronic condition (high blood pressure, diabetes, arthritis, cancer, heart disease).

- More men in 2016 rate themselves as being in excellent or very good health – 49 percent of men rate their health as excellent or very good in 2016 versus 42 percent in 2007.
- More than half (52 percent) report they exercise or work out regularly, up from 38 percent who reported regularly exercising in 2007.
- However, they still have a way to go. Men are still sedentary: in 2016, they spend an average of 22 hours working at a computer (which is less than the 27 hours in 2007) and 20 hours a week in front of a television.

What are the chronic conditions men now have and how does that differ from 2007?

- Nearly half (48 percent) of men have been diagnosed with at least one chronic condition.
- 33 percent have a diagnosis of high blood pressure, compared to 28 percent in 2007.
- 18 percent have a diagnosis of diabetes in 2016, compared to 10 percent in 2007.
- 16 percent have a diagnosis of arthritis in 2016, compared to 13 percent in 2007.
- Cancer diagnoses remained stable at 8 percent in both years.
- 7 percent had a diagnosis of heart disease in 2016, down from 8 percent in 2007.

Are more men getting regular health care?

Yes. Nearly eight in 10 (79 percent, up from 74 percent in 2007) have a regular doctor whom they see when they are sick or want medical advice.

Are men reluctant to go to the doctor?

The percent of men who say barriers prevent them from going to the doctor remains virtually the same in 2016 (59 percent) as in 2007 (58 percent).

- The two most common barriers were feeling they should be extremely sick to seek health care (31 percent, down from 36 percent in 2007) and feeling they had no reason to go to a doctor because they were healthy (21 percent, down from 23 percent in 2007).
- Lack of insurance doesn't appear to be a big barrier in 2016. Only 5 percent cited lack of insurance in 2016, down from 11 percent in 2007.

What are the implications of the survey?

Men have begun paying more attention to their health and acting to maintain good health. They are getting physical exams, increasing their exercise activity and getting their health care from their regular doctor. All of these are good. Research consistently shows that preventive care helps avoid serious illness, exercise is the best way to maintain healthy hearts and weight, and having a regular doctor prevents fragmented or duplicated care.

However, more men reported a chronic condition than in 2007. The incidence of chronic conditions increases with age, but it's also possible that more men report having a chronic condition because they went to the doctor and learned about a previously unknown health issue.

This demonstrates the importance of having an ongoing relationship with a family physician who can identify and prevent potential problems before they develop, provide a treatment plan for any health issues that do develop, and prevent complications from chronic health conditions. A family physician in a medical home provides preventive care to detect and treat problems before they become more serious. That's one of the keystones to maintaining good health."

Family physicians focus on prevention and the early detection of illness by treating the whole person and the whole family — men, women, children, in fact all age groups. In addition to providing routine check-ups, immunizations, screening tests and other care, family physicians care for chronic illnesses such as high blood pressure, asthma, arthritis and depression. Moreover, family physicians coordinate with all members of their patients' health care team, including subspecialists, rehabilitation therapists and mental health professionals.

If more men develop ongoing relationships with their family physician, their perception of good health is more likely to become reality.