

International Men's Day

19 November 2022

Source: [2021 Health at Work Report, PAM Group](#)



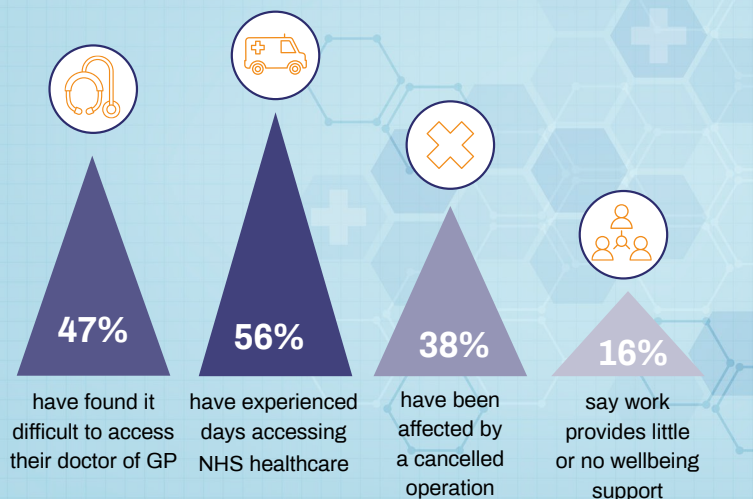
The case for supporting men's health at work



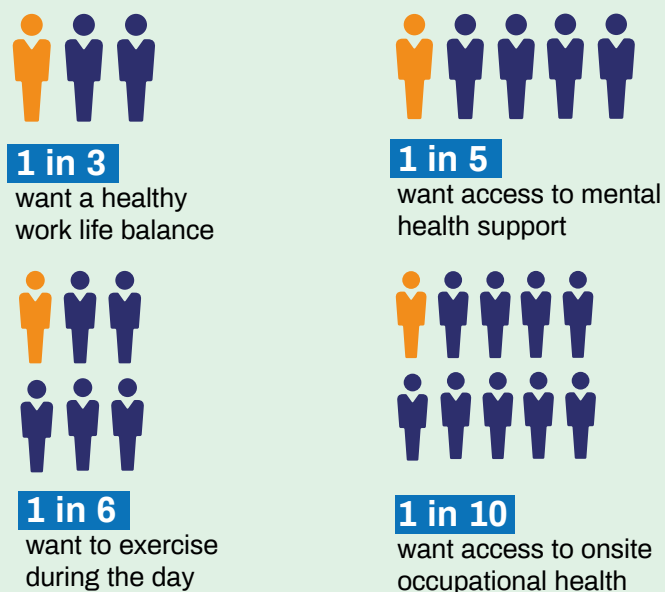
The top 10 wellbeing issues men worry about

1. Emotional health – **41%**
2. Ability to manage finances – **40%**
3. Weight and physical appearance – **39%**
4. Developing cancer – **39%**
5. Not getting enough sleep – **38%**
6. Physical health – **35%**
7. Lack of social contact with others – **34%**
8. Developing heart disease – **33%**
9. Developing diabetes – **33%**
10. Musculoskeletal (MSK) issues – **31%**

The challenges men have accessing healthcare



How do men want work to support their health?



Contact us to set up a free consultation to discuss supporting men's health at your organisation:



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