# International Men's Day

## **19 November 2022**

Source: 2021 Health at Work Report, PAM Group



1 in 2 men say working for their employer has undermined their health or caused them to become sick

#### **62%**

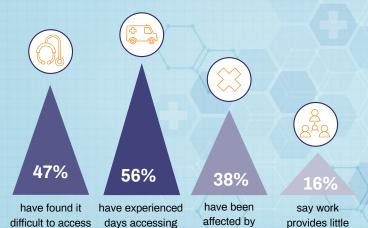
men say wellbeing support provided by their employer makes them less likely to want to work elsewhere





7% of men say they took no sick leave, even when they were sick

### The challenges men have accessing healthcare





### 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%

#### How do men want work to support their health?



1 in 3 want a healthy work life balance



want to exercise during the day



want access to mental health support



want access to onsite occupational health

NHS healthcare

their doctor of GP

a cancelled

operation

or no wellbeing

support