



**Together for
better health**

**Annual Report
2021-2022**



HEALTHY MALE
Generations of healthy Australian men

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About Healthy Male

Healthy Male is a provider of information for men's health. We facilitate action on men's health in collaboration with others, advocate for change, empower men and boys to take action on their health, build the capabilities of the health system and workforce, and prioritise our efforts to close the health and wellbeing gaps in specific groups. Ultimately, we are working towards our vision of generations of healthy Australian men.

We promote health and wellbeing in all aspects of life, with an evidence-based approach that encompasses andrology and associated chronic and other health issues.

As an active facilitator of action on men's health, we engage with our audiences through key campaigns and initiatives, including:

- A website with comprehensive resources and tools for both the general public and health professionals
- An eLearning portal for health professionals
- Health promotion campaigns and programs including *The Male* magazine, Men's Health Week, our *Spanner in the Works?* toolkit, the Plus Paternal Case for Change, and more
- Participation in a range of men's health events and health conferences.

As a trusted source of information, Healthy Male collaborates with various groups to focus on health promotion and education. Our aim is to empower men through education and information that will support and encourage them to act on their health.

Our vision is generations of healthy Australian men.

By strengthening our existing alliances, and building new ones, we extend our reach and enable collective action. As advocates of men's health issues and priorities, we aim to influence policy and practice, and act as the voice of men from all walks of life.

We work closely with health professionals to proactively engage with and meet the needs of men to reduce system-level barriers to best care. Through focused efforts on priority population groups, we work to co-create solutions and facilitate collective action to close the health and wellbeing divide.

Supported by the Australian Government Department of Health and Aged Care, Healthy Male collaborates with Australia's leading scientific and medical researchers to fill the gaps between preventive health, health promotion and education needs as part of the Australian Government's *National Men's Health Strategy 2020-2030*.

OUR VALUES

Respect

We honour and value ourselves, each other and all those with whom we collaborate.

Inclusion

We know that there is no such thing as an 'average' Australian man or boy. We respect the rich diversity of ages, cultures, languages and religions in our communities and the diversity of individuals within those communities. We acknowledge the diversity in our bodies, sex characteristics, sexualities and gender identities and consider the needs of all people who could benefit from our work.

Equity

We prioritise our efforts towards those who are most at risk of poor health outcomes in our communities.

Empathy

We take a holistic person-centred approach. We are curious, we listen and we seek to understand the experiences and perspectives of all those who we work with.

Knowledge

Our work and our information is grounded in best available research evidence and expert opinion.

From the Minister for Health and Aged Care



Supporting healthy generations of Australian men is a cause that Healthy Male has been supporting with passion and commitment for more than 20 years.

Australian men still have a lower life expectancy than women and are more likely to die by suicide. Three in four men are overweight or obese, and less than one in 30 are eating well.

Prostate health, sexually transmitted diseases, mental ill-health, cancer, heart disease and substance abuse are all critical issues for men's health.

Since 2000, Healthy Male has been hard at work building men's health literacy and for the professionals who support and treat them.

Healthy Male aims to empower boys and men to look after their health.

Guided by the National Men's Health Strategy 2020-2030, which builds upon the first National Male Health Policy released in 2010 when I was part of the Health Ministry, this Government will take action to improve prevention and support for key health issues including chronic conditions, sexual and reproductive health, conditions where men are over-represented, injuries and risk-taking, and healthy ageing.

Over the next decade, our aim is to improve the health and wellbeing of every Australian man and boy, especially those experiencing disadvantage.

I know Healthy Male's work will complement and contribute to supporting men to obtain the best possible health outcomes, build the knowledge base about male health, and improve our health system response.

I thank Healthy Male's leadership, staff, the Board and expert advisers for their hard work during another year of change and tremendous challenges. You have stayed true to your core purpose of generational change for Australian men. I applaud the accomplishments of Healthy Male set out in this Annual Report.

A handwritten signature in black ink, appearing to read 'Mark Butler', written in a cursive style.

The Hon Mark Butler MP
Minister for Health and Aged Care

From the Chair



Australian males continue to face many health challenges. Our ageing population means there is an increasing number of men with chronic diseases. There continues to be a disproportionate health burden on many vulnerable populations including adolescent males and young men, and poor health outcomes of Aboriginal and Torres Strait Islander men remain unacceptable. The role of organisations like Healthy Male has never been more important.

As mentioned in Healthy Male's 2020-2021 Annual Report, our five-year strategic plan focuses on our vision of generations of healthy Australian men. Aligning strongly with the *National Men's Health Strategy 2020-2030*, our strategic plan is aimed at making inroads into reducing the impact of these challenges. In the forward of that report, the then Minister for Health, The Hon Greg Hunt MP noted, "It's forward looking with a clear blueprint for achieving its core goal — that every man and boy in Australia is supported to live a long, fulfilling and healthy life". It's hard not to agree with that, but of course the outcome will only be achieved if the stated strategies are implemented. During the year we put forward a strong submission to Government that Healthy Male could take on the implementation of some of the key areas, but unfortunately there was no financial support forthcoming for this.

We applaud the Australian Government Department of Health and Aged Care's ongoing engagement with us and with men's health in general. But it is clear there will need to be more Government funding for the *National Men's Health Strategy* to have an impact.

Building on the excellent work our team undertook in respect of the Plus Paternal project, we developed a proposal around the link between mental health issues in men during and after pregnancy and a preventative strategy to diminish domestic violence against women. We were pleased to see that domestic violence against women was well funded in the federal government's May budget, but disappointed that this preventative strategy did not get recognition.

We have been seeking to broaden the financial support for new programs and I was pleased to note private funding of a PhD sponsorship that will build on the outcome of our 'What's in the Way?' survey conducted in 2021. Our sponsored student, Robert Palmer, has commenced his course of study at the University of Sydney. We will continue to seek private funding for our new initiatives.

Once again, we have had our contract with the Australian Government rolled over for just one year, making it problematic to forward-plan and provide staff with certainty. Our staff at Healthy Male, including our CEO Simon von Saldern, all have to accept our short-term contracts. Despite this and the ongoing impact of COVID-19, they have committed themselves to our organisation with great enthusiasm. Healthy Male continues to flourish under Simon's direction, to support health professionals and the community with a host of educational initiatives and strong advocacy.

I would also like to thank our Board for their willingness to give freely of their time over the year. We have mostly met via Zoom, however gathered to formally farewell and thank Professor 'Frank' Gardiner AM, who stepped down after 16 years of dedicated service to Healthy Male (previously Andrology Australia). Prof Gardiner has had a distinguished career in his specialty of urology and has made many significant contributions to medicine. We reflected on how fortunate we were that Healthy Male had the benefit of his wise counsel for so many years. I would also like to thank Professor Ben Smith for chairing our Management Committee, Mark Bernhard for chairing the Audit and Risk Committee, and all our advisory groups and advisors who continue to give freely of their knowledge and time.

We all look forward to the forthcoming year and sincerely hope that Healthy Male can continue to broaden its support of the health of Australian men. Once again it has been my privilege to Chair this important organisation.

A handwritten signature in black ink that reads "Douglas Lording".

A/Prof Douglas Lording AM
Chair



From the CEO



There is a lot that I'm proud of as I review the 2021-2022 year. While we have all experienced the flow-on effects of the ongoing pandemic throughout our daily lives, I have continued to see a shift in our approach to health that I'm hopeful will continue.

We know there are still hurdles to accessing healthcare, particularly for men. This year we saw the results come in from our 'What's in the Way?' survey, which we conducted in 2021 to explore men's behaviours and beliefs around their own health care. The results are enabling us to draw conclusions about the assumptions and attitudes that drive men to seek health care or prevent them from doing so.

We're still scratching the surface of the results, but early observations told us that when Australian men experience the initial signs of illness, they are more likely to seek help online, from a family member or friend, or just keep an eye on it themselves than they are to see a health professional. This is despite a doctor being their preferred health information source. And more Australian men are likely to seek support for mental health from their intimate partners than anywhere else. This and other information from the survey is helping us to create resources and distribute them effectively to improve men's health and wellbeing.

We also saw the fruits of our extensive labour when we launched our new Partner's Guide. This initiative aims to provide information about common male health conditions specifically written for partners. The aim is to help partners look after themselves by understanding the impact that the condition can have on them.

The launch of new programs, such as our Partner's Guide and new education and training resources, are significant occasions for us. The development of these evidence-based programs usually takes between eight and 10 months to complete. There is a highly skilled team behind each one. We draw on the expertise of over 60 advisors depending on the subject, as well as our Medical Director, education designer, health content and health promotion specialists, and specialised communications and marketing practitioners. The content is evidence based and therefore thoroughly researched and reviewed before going through the drafting and design phases.

Because of the time and care taken to get these programs right, you won't see what we are working on today until it is released in the coming months or years. But our dedicated team at Healthy Male is working away behind the scenes to ensure the highest quality and most relevant information and resources are being produced to support men's health, and I thank them for their continued commitment and dedication. It is a pleasure to work with them all.

I also thank the team at the Australian Government Department of Health and Aged Care, whose ongoing support is helping us create better lives for Australian men. Finally, I acknowledge the people serving on our committees and reference groups, those who act as advisors, and our Board. I'm proud to work alongside them all as we realise our vision of generations of healthy Australian men.

Simon von Saldern
CEO

Healthy Male Strategic Plan 2021-2026

VISION

Generations of healthy Australian men.

MISSION

Healthy Male is a trusted source of information and facilitator of action on men's health. We collaborate with the various communities, health professionals, researchers, peak bodies, partner agencies and government to achieve our vision.

Our work is guided by six principles:

1. **Enduring** – Building a strong, viable, resilient organisation that demonstrates value and stands the test of time
2. **Partnering** – Strengthening existing and building new alliances and partnerships to inform our work, extend our reach and enable collective action
3. **Influencing** – Advocating for men's health issues and priorities, influencing policy and practice, amplifying the voices of men and boys from all walks of life and driving the translation of research into meaningful action
4. **Empowering** – Informing, educating, encouraging, supporting and empowering men and boys to take action on their health
5. **Building capacity** – Informing, educating and supporting the health workforce to proactively engage with and meet the needs of men and boys across their life course and reducing system-level barriers to best care
6. **Reducing inequity** – Focussing efforts on priority population groups to co-create solutions and facilitate collective action to close the health and wellbeing divide.



Healthy Male is a provider of information for **men's health.**

We facilitate action on men's health in collaboration with others, advocate for change, empower men and boys to take action on their health, build the capabilities of the health system and workforce and prioritise our efforts to close the health and wellbeing gaps in specific groups.

We are guided by the Healthy Male Strategic Plan 2021-2026 as we work towards our vision of generations of healthy Australian men. This year we worked within a challenging social, political and health environment as we continued to strengthen the advocacy position for different aspects of men's health.

- We were members of the National Preventative Health Expert Steering Committee, which launched the National Preventative Health Strategy in December 2021.
- We provided input to the Primary Health Reform Steering Committee.
- We increased partnerships to grow the Plus Paternal Network, with 28 partnering organisations collaborating.

- We facilitated working and advisory groups, men's health partners and other collaborator meetings, including the General Practitioner Advisory Group, the Nursing and Allied Health Advisory Group, and the Aboriginal and Torres Strait Islander Reference Group.
- We provided support for consumer and health professional meetings and conferences, with presentations to over 2,000 health and allied health professionals at online and live conferences.
- We updated our website to improve our communication, with newly designed webpages for our health information and the launch of our new Partner's Guide.

Healthy Male supports the Australian Government's *National Men's Health Strategy 2020-2030*. We are working to make an important contribution to achieving its goals across the priority health issues of mental health, chronic conditions, sexual and reproductive health, conditions where men are over-represented, injuries and risk-taking behaviour and healthy ageing.

Plus Paternal: Case for Change

To improve the health of men and their families, a fundamental shift in the way fathers are viewed and supported is required. The goals of the Plus Paternal: Case for Change are about strengthening society and the health system to keep up with the changing needs, expectations, roles and diversity of modern-day families.

Plus Paternal Network

Supporting men's journey to fatherhood requires the collaboration and commitment of a wide range of stakeholders. The Plus Paternal: Case for Change Endorsing Partners is a network of individuals and organisations who are committed to action to support the seven goals of achieving change for healthier families. As a public statement, they acknowledge that change is required and that these goals will lead to better outcomes for fathers and their families.

The engaged network currently includes 28 representatives who meet quarterly to provide updates on progress across the states, territories and nationally. Healthy Male acknowledges the ongoing commitment and amazing work of the Plus Paternal partners.

Plus Paternal Progress

Two years after the Case for Change was launched, there have been some notable improvements in relation to the engagement and care of fathers. The benefits of the engagement and effort of the network are gradually becoming embedded into our systems and practices of health care.

More professional input is evident and we are seeing an increase in men seeking resources to support their experience of parenthood.

- Fathers are being more often considered in perinatal mental health initiatives thanks to funding.
- The experiences of bereaved fathers are being sought through new questions on national surveys.
- More national tender and grant opportunities are available for resources that support both parents.
- Guidelines for supporting parents after the loss of a child are shifting to be inclusive of fathers.
- An antenatal class model that includes a focus on fathers is receiving an increased uptake in Queensland.

More change is needed. By taking a top-down and bottom-up approach, the system can be changed to recognise, value and support the health and wellbeing of men, as well as women and babies, from preconception to parenthood.



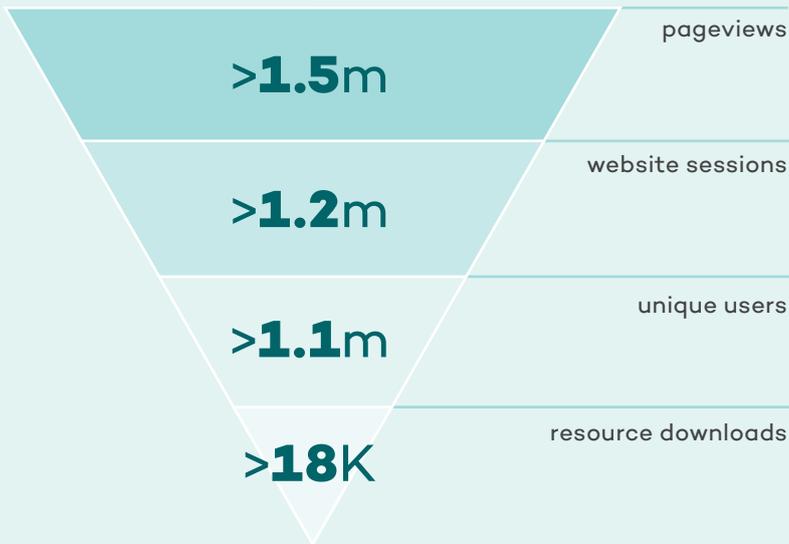
LEARN MORE ABOUT
PLUS PATERNAL





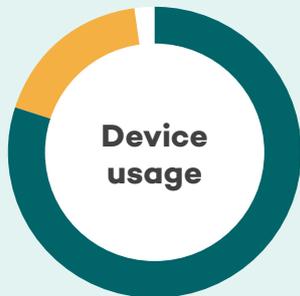
Engagement and resource analytics

WEBSITE



>89%

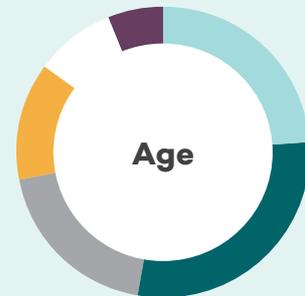
of website users arrived at healthymale.org.au through searching health and health-related keywords on Google



- 80% mobile
- 18% tablet
- 2% desktop



- 61% male
- 39% female



- 24% 18-24
- 29% 25-34
- 19% 35-44
- 13% 45-54
- 9% 55-64
- 6% 65+

Location in Australia



What are users looking at?

Health content
462K pageviews

News
798K pageviews

Research reviews
14K pageviews

SOCIAL MEDIA

Facebook, Instagram, Twitter and LinkedIn



| PLATFORM | FOLLOWERS | GROWTH IN FOLLOWERS | NUMBER OF POSTS | ENGAGEMENTS | IMPRESSIONS |
|-----------|-----------|---------------------|-----------------|-------------|-------------|
| Facebook | 3,095 | 14% | 197 | 3,660 | 450,761 |
| Instagram | 2,383 | 18% | 275 | 3,220 | 81,903 |
| Twitter | 3,052 | 6% | 97 | 12,897 | 66,024 |
| LinkedIn | 575 | 52% | 112 | 981 | 37,821 |

YouTube and Vimeo



5,083 Subscribers | **>345K** Video views | **>5K** Hours | **>7.9M** Impressions

HARD COPY RESOURCES

>970 orders placed

>7.3K resources distributed

CONTACT

>400 1300 number calls

>900 emails

Men's Health Week 2022

13-19 June 2022

It's time to break down the barriers

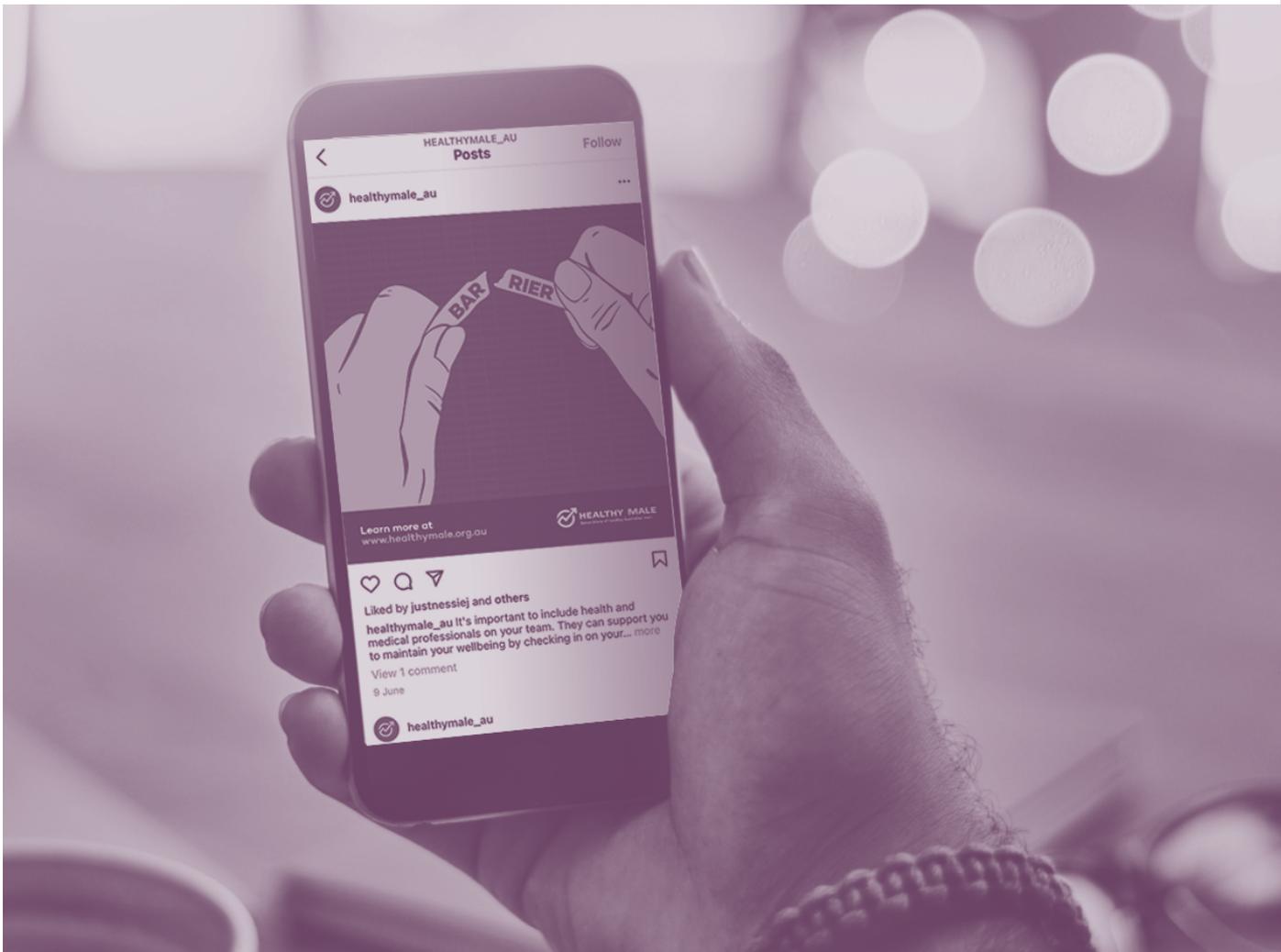
Good health is important for a good life. But there are barriers that get in the way of keeping our body and mind in good nick and sometimes we need help to break them down.

Our Men's Health Week campaign focused on factors that prevent men from seeking information and support when it comes to health and shared practical tools and resources for bettering their wellbeing.

Our 2022 campaign aimed to:

- Have men seek support early in response to their health before it is too late
- Break down the stigma and barriers associated with decision-making and action taken by men when it comes to seeking health information
- Address the misconception that asking for help is a sign of weakness
- Encourage men to make decisions on evidence-based information.

There's nothing more important than looking after your health. Our call to action encouraged men to break down the barriers and face up to their health.

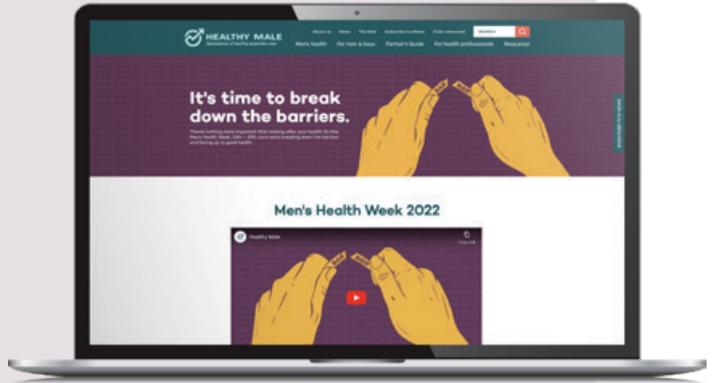


Key highlights of our campaign

Healthy Male Men's Health Week Website Landing Page

Pageviews
>31k

average time on page
**5 min
52 secs**



Social media

Impressions
>1.3m

Clicks
>12k

Engagements
>2.5k

Video views
>24k

Google Ads

Impressions
>515k

Clicks
>12k

Posters

Downloads
879

Hard-copy orders
162

Media

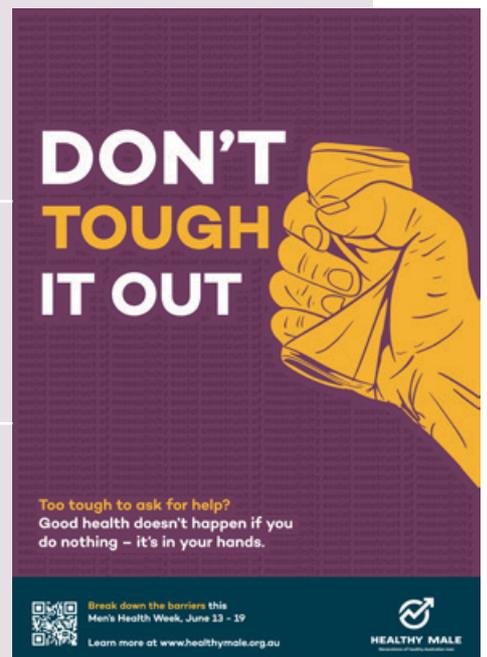
Media mentions
216

Interviews
25

Impressions – The number of times our content has been displayed on a screen

Clicks – The number of clicks on/through our content

Engagements – The number of times a user engaged with our content via a like, share, comment or click



Real stories

We share real, first-person stories from Australian men who are currently living with a health condition or have done so in the past. Because hearing from others who have been through it before can help men feel less isolated when dealing with health challenges.



I started telling friends and family about my postnatal depression. If a mate came over and asked, 'How are you going?' I was like, 'I'm pretty rough today. I got diagnosed with postnatal depression the other day'. Being brutally honest with myself and with the people around me, saying, 'Hey, this is me now,' leads to better conversations and helps lighten the load.

Luke

Melanoma is very secretive; it tends to hide, and it can spread easily without you knowing. Living with melanoma is trying to be aware of, but not alarmed about it. Being in tune with your body and doing self-health checks. This was very novel and something I've never even considered as a man.

Bruce



We are grateful to the men who shared their stories with us and our community, to help raise awareness and make information and support more accessible for everyone.

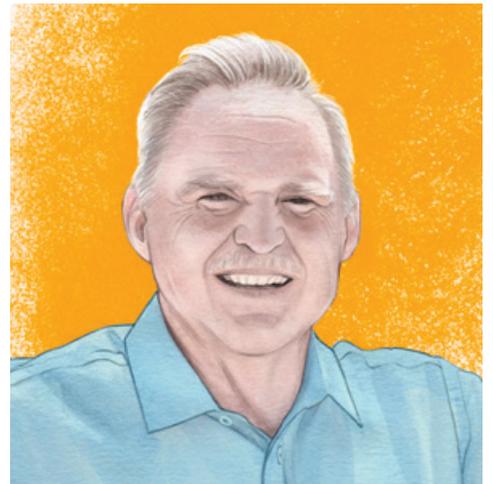


I didn't know anything about male breast cancer, so my diagnosis in April 2021 came as a shock. Initially, I didn't want to tell many people that I had breast cancer; I said I've got a lump in my chest that has to be operated on. It didn't take too long to get over the fact that it was what it was and now I'm not ashamed of it. I'm happy to stand up in front of a crowd and say, "Hi, I had breast cancer. Guys you need to know about this and get yourself checked out because it can happen to you too."

Nick

We started getting sent the bowel tests when we were 50, but I didn't do them. I did my first test at 60, in 2019, and that's when I got a positive result saying blood was detected in my stool. It was stage 3 bowel cancer. My advice for other men is to do the tests when they arrive in the mail. Don't put it aside. Don't put it off. Go to the GP. And if you're not feeling right, talk to someone.

John



READ MORE REAL STORIES
ON OUR WEBSITE



The Male

Healthy Male produces *The Male* magazine as another avenue for us to engage with men, boys, families and health professionals. It is a platform where we can look at current issues in more detail and provide feature articles on men's reproductive and sexual health.

It is about getting people talking about men's health, because if we can normalise the conversation, then we can overcome that first barrier to seeking help. That is what Healthy Male and *The Male* is all about.

Published every six months, each issue has a dedicated theme that draws attention to important areas of men's health. The themes are reinforced through a range of articles, real stories and valuable information to help men and boys better understand those conditions that affect them.

This year's issues focused on:

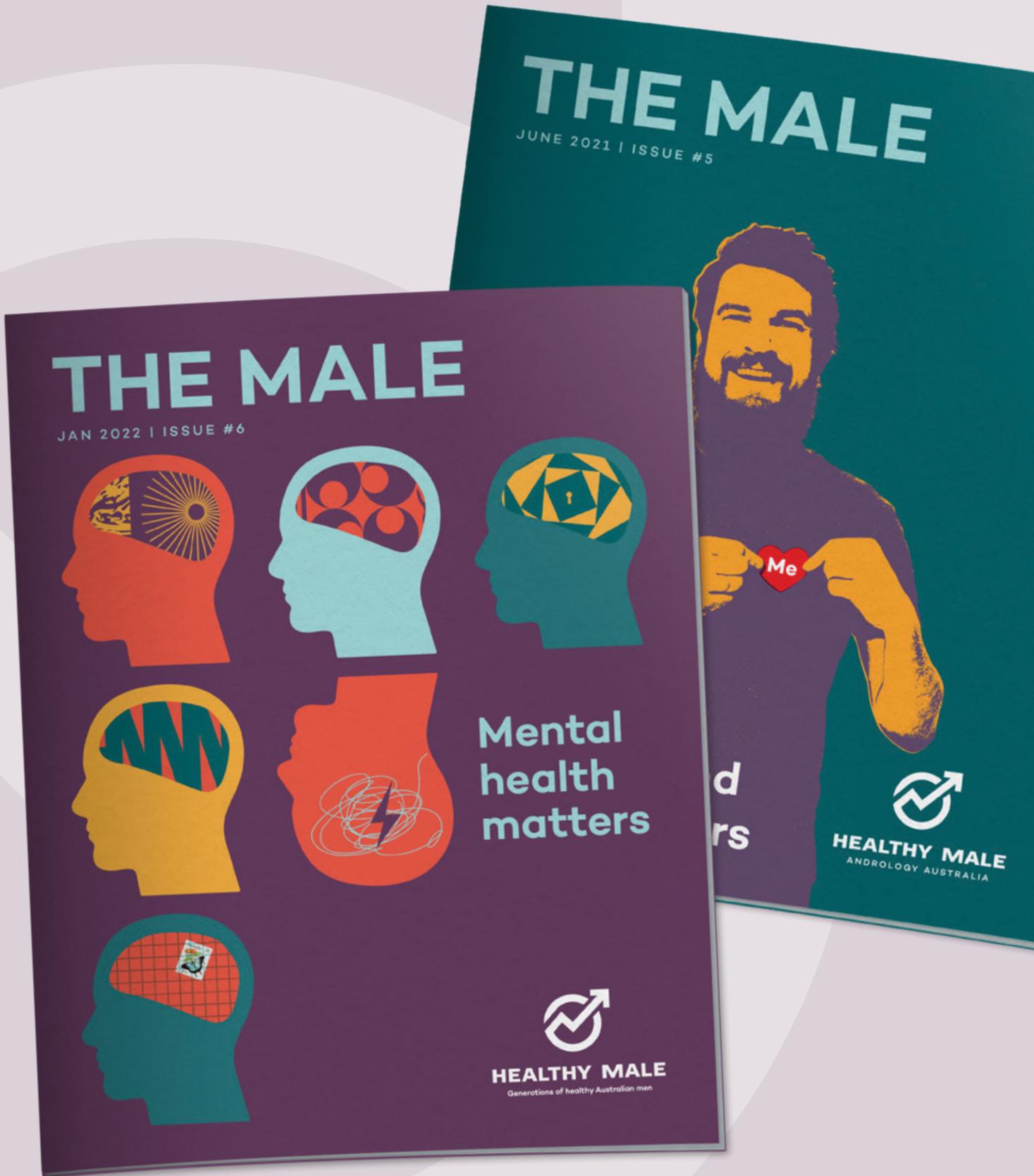
- Self-care for men and why it is important, aiming to break down the stigma and help men understand what it really means and what they can do for themselves when it comes to their wellbeing
- Mental health matters, from healthy habits to body dissatisfaction, and looking at the challenges faced by Australians living in rural and remote areas and postnatal depression in fathers.

The Male also includes a dedicated section for health professionals, with topical research reviews, updates on what is happening in the industry, clinical case studies and professional development opportunities.

A free printed copy of *The Male* is delivered to subscribers across Australia and is available online for both Australian and international readers.

SUBSCRIBE TO RECEIVE
YOUR COPY OF THE MALE





Partner's Guide

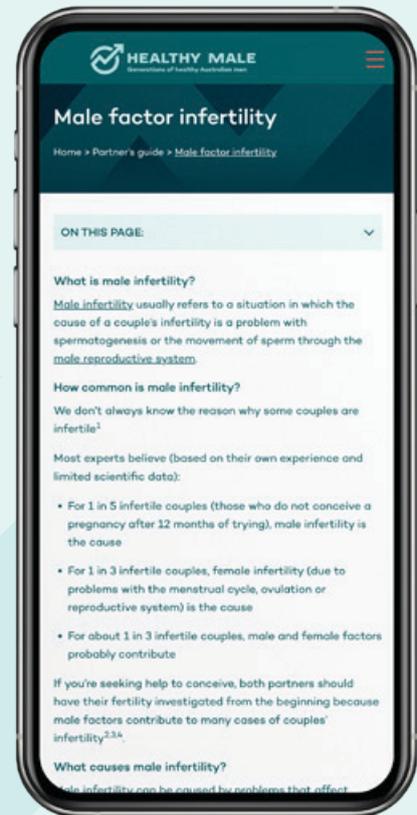
Healthy Male launched the Partner's Guide this year as a resource to help partners provide appropriate support to their loved one who is facing a health issue.

From our 'What's in the Way?' survey, we learned that around 40% of men lean heavily on their partners for their health information. We know that several men's health conditions can also have an impact on their partner. The information provided in the Partner's Guide helps partners look after themselves by understanding the impact that the health condition can have on them.

Evidence-based guides for a range of common health conditions that affect men in different ways were launched this year, including:

- Chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS)
- Erectile dysfunction (ED)
- Genital appearance
- Klinefelter syndrome
- Low sex drive
- Lower urinary tract symptoms (LUTS)
- Male factor infertility.

The information is designed to help the partners, family and friends of men suffering from the health condition, make them aware of the causes, impact and treatment options, and to help make it easier to talk with each other and a health professional.



LEARN MORE ABOUT THE PARTNER'S GUIDES ON OUR WEBSITE







From the Medical Director



Another year of unwavering commitment from our healthcare sector has proven how resilient Australians are during challenging times. With challenges comes opportunity, and Healthy Male has continued to forge ahead with research, training and education to support health professionals and the wider population of Australian men with current, evidence-based and relevant health information.

Research

Healthy Male has been involved in a range of research projects throughout 2021-2022, including:

- **DNA Screen** is a research project, led by Monash University, to develop a population based screening tool via DNA testing to identify risks of cancer and heart disease that can be prevented or treated early. Healthy Male are advisors for the project.
- **What's in the Way?** Healthy Male's national survey of Australian men, conducted in 2021, continues to generate knowledge that we are using as a basis for consumer information and further research. The vast volume of data generated by 'What's in the Way?' will provide opportunities for PhD student Robert Palmer, whose PhD scholarship is funded through a Men of Malvern donation, and is supervised by Prof Ben Smith (University of Sydney). Robert will contribute knowledge to our understanding of men's health behaviours and beliefs, and work with Healthy Male to make his research accessible to consumers.
- **Prostate Cancer Survivorship Essentials for Men with Prostate Cancer on Androgen Deprivation Therapy: Transforming Care to Improve Outcomes**, led by Prof Jeff Dunn (University of Southern Queensland), is a National Health and Medical Research Council Partnership Project. Healthy Male supported the successful application for funding and is a partner organisation for the project.

Training and education

Our investment in providing accredited training activities for health professionals has again seen our suite of eLearning training activities expand substantially. In 2021-2022, 14 self-paced eLearning training courses were made available via the Healthy Male eLearning portal — an increase of 11 eLearning modules compared with the previous year.

Significantly, 13 of our eLearning modules were endorsed by peak bodies, including:

- Royal Australian College of General Practitioners
- Australian College of Rural and Remote Medicine
- Australian Primary Healthcare Nurses Association
- Australian College of Nursing
- Australian Diabetes Educators Association
- National Association for Aboriginal and Torres Strait Islander Health Workers and Practitioners.

We continue to be supported by advisory groups who act as individual expert advisors, allowing us to access a wealth of knowledge and expertise. At the end of June 2022, we were supported by the following advisory groups:

- Aboriginal and Torres Strait Islander Male Health Reference Group
- General Practitioner Advisory Group
- Nursing and Allied Health Advisory Group
- Scientific and Clinical Committee.

Because everything we do is underpinned by evidence, the input of our advisory groups and expert advisors is essential and appreciated as we work towards informing and enabling generations of healthy Australian men.

Prof Rob McLachlan AM
Medical Director

Professional education

Healthy Male provides self-paced eLearning activities, podcasts, webinars and conference presentations for health and medical professionals under our continuing professional development offering. This year we released 14 self-paced eLearning training activities via the Healthy Male eLearning portal. Our courses provide current and credible professional development opportunities for health and medical professionals, with 13 of our training activities endorsed by peak bodies.

eLearning 2021-2022

14

courses available

418

enrolments

152

completions

36%

completion rate

eLearning courses available in 2021-2022:

- Androgen use, misuse and abuse
- Managing male infertility: a case study
- Androgen deficiency in the older male: a case study on metabolic syndrome
- Androgen deficiency in younger males: a case study on Klinefelter syndrome
- Communicating specific men's business: a training activity for Aboriginal Health Workers
- Chronic disease and erectile dysfunction: a case study
- Managing testicular disorders in general practice: a case study on testicular cancer
- Sexual health and ejaculation disorders: a case study on premature ejaculation and prostatitis
- Lower urinary tract symptoms in older males: a case study
- Diabetes and its impact on male reproductive and sexual health
- PSA testing in general practice: a case study approach
- ANZARD 3.0 male factor infertility: a clinical update
- A lot of Aboriginal men sort of keep it to themselves: communicating specific men's business
- Addressing the sensitive topics of fertility and preconception health with your male and female patients



- **55%** General practitioners and GP registrars
- **17%** Nurses / nurse practitioners
- **5%** Allied health professionals
- **5%** Aboriginal health workers and practitioners
- **1%** Pharmacists
- **19%** Other

Men's Health in Primary Care Webinar Series

Healthy Male collaborated with Medcast to deliver a 'Men's Health in Primary Care' webinar series to their health and medical professional dissemination network. Topics covered included:

- 'Breaking down the barriers for males in primary care' presented by Simon von Saldern, Dr Zac Seidler and Michael Whitehead during Men's Health Week, with 785 registrations
- 'Sex, continence and prostate surgery' presented by Dr Gideon Blecher, Dr Jo Milios and Luke Mitchell in World Continence Week, with 629 registrations.

The webinars were designed for all clinicians working in the primary care setting and the series has been supported in development by the Nursing and Allied Health Advisory Group.

HealthEd Clinical Takeaway Podcast

Healthy Male worked with HealthEd to present five episodes of the 'Clinical Takeaway' podcast, featuring leading experts on important topics for healthcare professionals. Topics covered included:

- Male perinatal depression and anxiety
- Engaging fathers in healthcare
- Male preconception health
- Male factor infertility
- Androgen deficiency in younger adults.

Resources and research translation

Resources

Partner's Guide

Men's health conditions can often have an impact on their partner as well. So, we developed evidence-based guides targeted at partners for a range of common health conditions that affect men in different ways.

The information is designed to help the partners, family and friends of men experiencing the health condition, make them aware of the causes, impact and treatment options, and to help make talking with each other, and a health professional, easier.

Androgen Use, Abuse and Misuse Clinical Summary Guide

Androgen abuse often involves massive doses and multiple drugs taken simultaneously that provide a vastly higher level of androgen action than required for physiological replacement in legitimate androgen deficiency.

GPs have a role in identifying and managing androgen abuse, usually under the guidance of an experienced endocrinologist. We responded to their request for information to help support their patients through androgen abuse by producing a new Clinical Summary Guide for Androgen Use, Abuse and Misuse. Healthy Male supports GPs in their goal of helping patients to cease this damaging behaviour.

Health condition webpages

Our health condition webpages support men to make informed decisions about their health with the guidance of their doctor. We develop new webpages and update the evidence for existing webpages regularly. This year we published 23 new or updated health condition webpages.

Research translation

Healthy Male's expertise and understanding, and our evidence-based approach to providing information, creates opportunities to inform national conversations about men's health and wellbeing. Our research translation continues to come in response to published articles, with seven published research reviews in 2021-2022 explaining important take-home messages from recent biomedical research studies.

Our research reviews are developed for anyone with a professional or personal interest in male health. They cover a range of both current and emerging topics that are relevant to the health and wellbeing of Australian men. This year, our topics included testosterone, diabetes and fatherhood, Klinefelter syndrome, fertility and infertility, prostate health and general health:

- Can you have too much of a good thing? The relationship between testosterone and COVID-19 mortality and men
- Paternal preconception diabetes drugs and birth defects in offspring
- An algorithm for prediction of Klinefelter syndrome in azoospermic men
- The genitourinary microbiome, oxidative stress, DNA damage and male infertility
- Using MRI for prostate cancer diagnosis and treatment
- HPV infection and prostate cancer
- Men's health promotion in waiting room spaces.

Connecting with the community through platforms they are already engaged with, such as Instagram, is also providing an effective avenue for the distribution of health information. Healthy Male's 'Ask the Doc' Instagram reels turn research evidence into accessible health information for men.

The reels are an extension of our Ask the Doc online resource, that aims to provide evidence-based answers to questions about men's health conditions and other questions readers might have. All answers are prepared by health professionals and experts, referencing the most current research and evidence available.

Conferences and presentations

Healthy Male attends and participates in conferences and presentations to promote our evidence-based information and clinical and patient resources on male reproductive and sexual health. Conferences provide an opportunity to engage with GPs, nurses and other health professionals from around Australia. We also present at events to inform the general public, such as webinars for community groups.

Ongoing uncertainty around COVID-19 continued to cause some disruption to events this year. However, we were still able to reach a high number of delegates.

13 conferences presented at

>2k registrants reached



Board of Directors

The Healthy Male Board of Directors consists of key business, medical and community leaders. The Directors guide the organisation to ensure it promotes health and wellbeing in all aspects of life, using an evidence-based approach that encompasses andrology and associated chronic and related health issues.



Emeritus Prof David de Kretser AC
MBBS, MD, FRACP, FAA, FTSE, LLD, LLD (Hon)
FRACOG (Hon), FRCOG (Hon), FRACGP (Hon)

Patron

David has a passion for men's health that can be traced back to his early studies.

In 2000, he founded Andrology Australia (now Healthy Male) as he recognised the lack of information, training and research on male reproductive health. After taking on the position as the 28th Governor of Victoria from 2006 to 2011, David returned to the Board of Directors to continue his valuable work.

David is internationally recognised for his lasting and invaluable contribution to public health as a researcher and leader in the field of reproductive biology. His broader service to the Victorian and Australian community has also been recognised with a Companion of the Order of Australia (AC) in 2006.



A/Prof Doug Lording AM
MBBS, BMedSci, FRACP

Chair

A retired endocrinologist and andrologist, Doug has 40 years of practice-centred experience around sexual medicine and testosterone use in men, and he was involved in trials of many medications used in these conditions.

Doug worked at Cabrini Health from 1979, including a 15-year tenure as Medical Director, during which time he set up an education and research institute and initiated university departments in the private hospital sector.

He is the founder and President of Men of Malvern Inc., a charity dedicated to supporting the health and welfare of men, chairs the Scotch College Foundation and is a School Council Member.

In June 2020, Doug was appointed a Member of the Order of Australia (AM) for his significant service to medicine, endocrinology and andrology, and the community.



Prof Robert McLachlan AM
FRACP, PhD

Medical Director

Rob is a consultant andrologist and has been integral to Healthy Male from its inception as Andrology Australia in 2000. He has been Medical Director since 2006. In November 2020, Rob was awarded Life Membership of the Endocrine Society of Australia.

Over Rob's 30-year career, he has been passionate about educating doctors and the community about male reproductive health, particularly to normalise discussion of sensitive topics and to encourage men to seek help from their GPs. He continues to develop evidence-based learning materials and tools needed for better health outcomes and to train the next generation of specialists in the field.

His research interests include male reproductive hormones, testosterone therapy and male infertility. A past president of the Fertility Society of Australia, he has a strong connection in fertility practice and has raised the profile of infertile men involved in IVF. Rob has received several awards for his clinical research and was appointed a Member of the Order of Australia (AM) in 2016 for services to medicine in the field of endocrinology.



Mr Simon von Saldern
CEO and Director

Health has been a common theme throughout Simon's career, accounting for almost 20 years of his professional life — from fundraising to public relations, marketing and management. Simon is interested in the health industry because of its challenging nature and the fact that it is an area that is always changing.

When taking on the role of Healthy Male CEO in early 2017, Simon made it his goal to make a sustainable difference in male health by ensuring that men have the tools they need to lead healthier lives.

Simon strives for Healthy Male to continue on its path of being a change-making organisation by breaking down the societal stigmas that exist around male health and the idea of men seeking help.

Simon's experience in various leadership roles throughout his career means he is exceptional at bringing different groups and organisations together for the same outcome.

Board of Directors



Mr Mark Bernhard

Board Director

Mark is a globally experienced executive who has worked throughout Asia, Europe, the US and Australia. Mark brings expertise in corporate policies, procedures, risk management and financial management.

Mark has attained compelling finance skills throughout his career as both an executive director and non-executive director.

Mark's previous roles include Non-Executive Director of SAIC – General Motors, Non-Executive Director of Holden Special Vehicles, CFO and Executive Committee Member of Shanghai General Motors, Chairman and Managing Director of GM Holden, CFO of General Motors China and Australia, and CEO/Managing Director of General Motors Australia.

Mark was awarded the Silver Magnolia Award in 2015 from the Shanghai Municipal Government. He also received the 2014 Australia China Alumni Award for Banking and Finance.

Mark has a passion for diversity. Between 2017 and 2018, he was a member of Male Champions of Change, a coalition of male leaders who step up beside women to achieve gender equality. He was also a key player in driving Holden towards achieving Workplace Gender Equality citation status. Today, Mark is a Non-Executive Director of Carbon Revolution, an Australian company that designs and manufactures advanced technology wheels.



Prof Suzanne Chambers AO

Board Director

Suzanne has worked as a practitioner-researcher in psychosocial support for people with cancer for over 25 years. She has published extensively on the psychosocial effects of cancer and effective ways to enhance the quality of life and psychological outcomes after diagnosis and treatment. In particular, she has focused her research effort on the supportive care needs of men with prostate cancer and their families and currently leads a National Health and Medical Research Council Centre for Research Excellence in Prostate Cancer Survivorship.

She is an Academic Member of the College of Health Psychology within the Australian Psychological Society. Suzanne was appointed an Officer in the General Division of the Order of Australia (AO) in 2018 for distinguished service to medical research in psycho-oncology and to community health through patient care strategies to assist men with prostate cancer.



Ms Chris Enright

BAppSc, MBA, MHHS, GAICD

Board Director

Chris has almost 20 years experience working in public health, governance and organisational structure. She is the Chief Operating Officer for *The Big Issue* and has worked with some of the most well-known health organisations in Australia, including the Cancer Council, the Red Cross and Jean Hailes for Women's Health.

Chris is also a business coach and mentor with Global Sisters, facilitating entrepreneurial opportunities, and has co-authored papers published in the *Australian Journal of Public Health* and *Australian Family Physician*.

She was a judge in the 2019 Telstra Businesswoman of the Year Awards.

Chris brings a business-minded approach to the Board of Directors. She would like to see the approach to men's health change, a reduction in blame culture, and a more preventative strategy that takes both a clinical and social model into account.



Emeritus Prof RA 'Frank' Gardiner AM

MBBS, MD, FRACS, FRCS

Board Director (July 2021–October 2021)

Robert 'Frank' Gardiner is a retired academic urologist with over 50 years of experience in the health sector. He continues to be involved in several prostate cancer research projects, having been the first to demonstrate the lymph drainage of the human prostate using lymphoscintigraphy. He undertook the first dendritic cell vaccine studies in prostate cancer in Australia and remains centrally involved in an emerging project in this area as well as continuing studies on the non-invasive, early detection of prostate cancer.

Frank has over 135 peer-reviewed manuscripts. He received Membership of the Order of Australia (AM) in 2012 for his international, national and community service activities, research achievements and clinical commitments.

He was previously on the editorial boards of seven international medical journals as well as Cancer Councils Queensland and Australia, among various other commitments.

Board of Directors



Dr Keith Gleeson
FRACGP, BMed, BAppSc

Board Director

Keith is a Biripi/Daingutti GP and has committed most of his medical working life to the Aboriginal Community Control Health Sector, working in remote, rural and urban regions of Australia. Today, Keith works as a locum doctor travelling around Australia. He is passionate about improving the health outcomes of all males in a holistic way.

Keith is a Board Member of the Australian Indigenous Doctors' Association and the General Practice Training Advisory Committee. He contributed to the publication of the articles 'Engaging Aboriginal and Torres Strait Islander Communities in Prostate Cancer Health Care Programs' and 'Aboriginal and Torres Strait Islander Health in General Practice: An introduction to teaching and learning'.

Through his involvement with Healthy Male, Keith would like to see the Australian Government addressing the 'Closing the Gap' targets and improving indigenous men's health outcomes. Keith brings focus and expertise in Indigenous health and primary health care, as well as geographical knowledge of the issues men are presented within rural and remote regions of Australia.



Mr David Magill

Board Director

David is an experienced government relations and public policy executive. Over 25 years, his diverse career has seen him work across the automotive industry, mining, farming and politics, fostering a significant understanding of rural, remote and city communities. David has lived and worked throughout Western Australia in farming, as an onsite and FIFO geologist, and for rural and city federal MPs and a senator. He then worked in the corporate sector for Peter Holmes à Court in Sydney, and most recently as a director of GM Holden in Melbourne and member of the global public policy team at General Motors.

David has extensive experience working with federal and state governments and is passionate about good public policy, government advocacy, and an active corporate sector making positive change in the community. David is a strong supporter of diversity and equality in workplaces. With his broad experience, David is helping Healthy Male to make a positive difference for men and their families throughout Australia, in line with the Australian Government's *National Men's Health Strategy 2020-2030*.



Prof Rob Newton

DSc, PhD, MHMS, BHMS(Hons),
AEP, FACSM, FESSA

Board Director

Over 40 years of working in academia and human performance has seen Rob develop a strong interest in men's health, particularly during his time at Penn University in the US where he completed research in the decline of strength and function in older men. During his career, he has published over 800 papers, including 400 referred scientific journals, as well as two books and 16 book chapters.

As Professor of Exercise Medicine at Edith Cowan University, Rob is researching exercise medicine as neoadjuvant, adjuvant and rehabilitative cancer therapy to reduce the side effects of cancer treatment and enhance cancer patients' quality of life.

In 2019, Rob was named Western Australia Scientist of the Year for his research and advocacy for exercise as an essential medicine for cancer patients. In 2020, he was awarded a fellowship from the American College of Sports Medicine.

Working with the National Committee for Exercise as Medicine and the Australian Research Council (ARC) Health and Medical Committee, Rob brings to Healthy Male his expertise and a vital understanding of health issues that older men face, particularly the physiological changes that occur as men age.



Prof Ben Smith

MPH, PhD

Board Director

Ben is passionate about championing the issue of men's health and bringing it into civic discussion, as well as developing effective strategies to reduce preventable illness among men.

Ben is a Professor of Public Health at The University of Sydney and has spent 20 years working in academia. He has authored over 150 publications, and his research is oriented towards chronic disease prevention, healthy ageing, and addressing the health impacts of social isolation and disadvantage.

Reflecting his commitment to effective public health policy and programs, Ben has worked extensively with federal and state health departments, and with non-government agencies including VicHealth, Musculoskeletal Australia and Alzheimer's Australia, among others. Internationally, he has served as a consultant for UNICEF and the World Health Organization. Ben currently works with the Ending Loneliness Together coalition, a leading organisation that addresses social isolation and loneliness. He is also part of the leadership team of the Prevention Research Collaboration at The University of Sydney.

In 2014, Ben was awarded a fellowship by the Australian Health Promotion Association in recognition of the significant contribution he has made to health promotion in Australia.

Audit and Risk Committee

In October 2020, the Board ratified the creation of the Audit and Risk Committee to provide financial and risk oversight for the organisation. Reporting to the Board, the committee met four times during this financial year.

| Name | Position |
|--|--|
| Mr Mark Bernhard (Chair) | Non-Executive Director, Carbon Revolution |
| A/Prof Doug Lording AM, MBBS, BMedSci, FRACP | Chair, Scotch College Foundation Board Chair, Healthy Male Founder and President, Men of Malvern |
| Ms Chris Enright BAppSc, MBA, MHHS, GAICD | Chief Operating Officer, The Big Issue |
| Prof Rob McLachlan AM, FRACP, PhD | Deputy Head of Centre for Endocrinology and Metabolism, Hudson Institute of Medical Research Medical Director, Healthy Male |
| Mr Simon von Saldern | CEO, Healthy Male |

Management Committee

The Committee meets 11 times a year providing expert advice and input to the CEO on a range of projects and issues affecting Healthy Male.

| Name | Position |
|---|--|
| Prof Ben Smith MPH, PhD (Chair) | Professor of Public Health (Prevention and Health Promotion), The University of Sydney |
| Mr Rob Daly MBA | Executive General Manager of Philanthropy and Support Engagement, Burnet Institute |
| A/Prof Doug Lording AM MBBS, BMedSci, FRACP | Chair, Scotch College Foundation Founder and President, Men of Malvern |
| Prof Bernie Marshall BSc(Hons), DipEd, MPH | Professorial Fellow, Deakin University |
| Prof Rob McLachlan AM FRACP, PhD | Deputy Head of Centre for Endocrinology and Metabolism, Hudson Institute of Medical Research Medical Director, Healthy Male |
| Mr Simon von Saldern | CEO, Healthy Male |

Scientific and Clinical Committee

Healthy Male's Scientific and Clinical Committee comprises some of Australia's pre-eminent experts in men's health. The committee provides clinical and scientific guidance and evidence to inform the clinical direction of Healthy Male.

| Name | Position |
|--|--|
| Prof Robert McLachlan AM, FRACP, PhD (Chair) | Medical Director, Healthy Male Director of Clinical Research, Hudson Institute of Medical Research Consultant Andrologist, Monash IVF group Professor of Andrology, Department of Obstetrics and Gynaecology, Monash University |
| Dr Gideon Blecher MBBS (Hons), FRACS | Consultant Urologist, Uroandrogist and Surgeon, Alfred Health & Monash Health Adjunct Lecturer, Department of Surgery, Monash University |
| Prof Suzanne Chambers AO PhD, MAPS | Dean of Health Sciences, Australian Catholic University |
| Prof David Handelsman AO, MBBS, PhD, FRACP, FRAHMS | Director, ANZAC Research Institute Professor of Medicine, Concord Clinical School, University of Sydney |
| A/Prof Tim Moss BSc (Hons) PhD | Health Content Manager, Healthy Male Adjunct Associate Professor, Department of Obstetrics and Gynaecology, Monash University |
| Dr James Navin Richards MBBS, FRACGP | General Practitioner, Watto Parrunna Primary Health |
| Mr Terry Slevin BPsych, MPH, FPHAA | CEO, Australian Public Health Association Adjunct Professor, College of Health and Medicine, ANU Adjunct Professor, School of Psychology, Curtin University |
| A/Prof Ian Vela BSc, MBBS, PhD, FRACS | Consultant Urologic Oncologist, Princess Alexandra Hospital Senior Research Fellow, Australian Prostate Cancer Research Centre Senior Lecturer and Examiner, School of Medicine, University of Queensland |
| Prof Gary Wittert MBBCh, MD, FRACP, FRCP | Director (SA Division), Freemasons Centre for Male Health & Wellbeing Head, Discipline of Medicine, University of Adelaide |

Reference groups

Aboriginal and Torres Strait Islander Male Health Reference Group

The Aboriginal and Torres Strait Islander Male Health Reference Group supports the work of Healthy Male by providing advice and guidance on key issues impacting the physical, social and emotional health and wellbeing of Aboriginal and Torres Strait Islander men.

With the group's support, we continue to develop new key objectives aligned to the needs of Aboriginal and Torres Strait Islander males and the Healthy Male strategic plan.

Key objective: To inform the areas of priority and program and activity development to improve the education and awareness of Aboriginal and Torres Strait Islander men's health.

| Name | Position |
|--|---|
| Dr Mick Adams BSW, BAppSc, MA, PhD (Chair) | Senior Research Fellow, Australian Indigenous HealthInfoNet, Edith Cowan University |
| Mr Jason Bonson GDipIndigHP | Northern Territory Health |
| Mr Karl Briscoe GCertPubSecMgmt, MPH | CEO, National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners |
| Mr Jack Bulman BHlthSc | CEO, Mibbinbah Spirit Healing |
| Dr Kootsy Canuto BA (Hons), PhD | Health Researcher, South Australian Health and Medical Research Institute |
| Mr Anthony Castro | A/District Manager, Population and Primary Health Care Outreach, Top End Regional Health Services, NT Health |
| Dr Keith Gleeson BMed, BAppSc, FRACGP | General Practitioner, Ochre Medical Centre Boggabri Board Director, Australian Indigenous Doctors' Association |
| Dr Jacob Prehn BSocSc, MSW, PhD | Indigenous Fellow and Lecturer, University of Tasmania |
| Mr John Singer | Executive Director, Nganampa Health Council |
| Dr Mark Wenitong BMed | Public Health Medical Advisor, Apunipima Cape York Health Council General Practitioner |

Nursing and Allied Health Advisory Group

Key objectives: To support the review and development of training activities for primary healthcare nurses, act as key advocates for men's health in the nursing sector by promoting training opportunities and resources, and support the implementation of men's health campaigns in primary care.

| Name | Position |
|--|---|
| Ms Dell Lovett MN (Rsch and Prac), GCertDE, MACN, RN (Chair) | Primary Health Care Nurse |
| Ms Karen Bellchambers RN/RM | Primary Health Care Nurse |
| Mr John Brown JP, GDHlthSc, FACN, RN | Primary Health Care Nurse |
| Mr Chris Eldridge APD/APN/AccSD | Dietitian, Clinical Dietitian and Sports Dietitian |
| Mr Ryan Hon BSci(Hons), DPT, MMSKPT, APAM | Musculoskeletal Physiotherapist Honorary Adjunct Research Officer |
| Mr Tony Lane RN | Director of Nursing |
| Mr Luke Mitchell BNurs, MPH (Sexual Health) | Prostate Nurse |
| Ms Ruth Mursa GDipNurs, GCertRSH, MAdPrac, NP | Nurse Practitioner PhD Candidate |
| Mr Aaron Richardson BNurs, GCertCM, GCertSTWM | Clinical Coordinator |
| Mr Jacob Roberts RN, Grad Cert (Emerg), ANI | Clinical Nurse-Hyperbaric and Diving Medical Unit (RHH) Authorised Nurse Immuniser Registered Nurse-Australian Antarctic Division |
| Mr Faisal Sabih BHlthSc, GDipHP, GCertDE, GCertPCan | Primary Health Care Nurse |
| Ms Helen Storer DipCom&ChldHlth, DipPM | Practice Manager Practice Nurse |
| Mr Mark Thompson BSc, GCertSexHlth | Registered Nurse Div. 1 |
| Mr Michael Whitehead BNurs, MClInNurs | Primary Health Care Nurse |

Reference groups

General Practitioner Advisory Group

Key objectives: To support the review and development of training activities for GPs, act as key advocates for men's health in the GP sector by promoting training opportunities and resources, and support the implementation of men's health campaigns in general practice.

| Name | Position |
|--|---|
| Dr Geoff Broomhall MBBS, DRCOG, MRACGP (Chair) | HealthPathways Clinical Editor, Eastern Melbourne PHN General Practitioner |
| Dr Zaina Cheema MBBS FRACGP | General Practitioner |
| Dr Glenn Duns MDCM, MPH, FRACGP | General Practitioner |
| Dr Ryan Holmes BMedSci (Hons), MBBS, FRACGP | General Practitioner |
| Dr James Navin Richards MBBS, FRACGP | General Practitioner |
| Dr Alan Wright MBBS, MFM, GCertUT | General Practitioner |
| Dr Rhys Young BBiomedSci, MD, FRACGP | General Practitioner |

Expert advisors

Expert advisors include all of the committee and reference group members mentioned on the preceding pages. They work with Healthy Male to ensure the very best evidence-based information is available to the public. They ensure our content reflects current best practice approaches and provide guidance on the key issues relating to community and professional education, information development and research.

| Name | Position |
|---|---|
| Prof John Aitken PhD, ScD, FRSE, FRSN, FAHMS, FAA, BSC, MSC | Distinguished Emeritus Professor, Biological Sciences, University of Newcastle |
| Mr Christopher Brett-Renes | Psychosexual Therapist |
| Dr Sarah Catford MBBS (Hons) BBiomedSc FRACP PhD | Endocrinologist and Andrologist, Alfred Health, Monash Health, Royal Womens Hospital Research Fellow, Hudson Institute of Medical Research |
| A/Prof Eric Chung MBBS, FRACS | Urologist, University of Queensland |
| A/Prof Roger Cook BSc (Hons), MEd, PhD | Department of Psychological Science, Swinburne University of Technology |
| Mr Teddy Cook | Vice President, AusPATH Director, Community Health, ACON |
| Mr David Gray | Urology Nurse Practitioner, Epworth HealthCare |
| Prof Mathis Grossmann MD, PhD, FRACP | Consultant Endocrinologist and Head of Andrology, Austin Health Professor of Medicine, Department of Medicine, University of Melbourne |
| A/Prof Jeremy Grummet MBBS, MS, FRACS | Urologist, Alfred Health and Australian Urology Associates Adjunct Senior Lecturer, Monash University |
| Prof Roger Hart MBBS MD FRANZCOG FRCOG CREI | Reproductive Medicine Specialist, University of Western Australia and Fertility Specialists of Western Australia |
| Mr Richard Henshaw BSc MPH MHR | Mental Health, Alcohol and Other Drugs Health Promotion Officer, Queensland Health PhD Candidate and Research Officer, Black Dog Institute, University of Queensland |
| Prof Dragan Ilic BSc, Grad Dip Rep Sci, MSc, PhD | Head of Medical Education Research, Monash University |

Expert advisors

| Name | Position |
|---|--|
| Mr Darren Katz MBBS, FRACS | Urologist and Medical Director, Men's Health Melbourne |
| Dr Michael Lowy MBBS FACHSHM MPsychMed | Sexual Health Physician, Sydney Men's Health |
| Dr Jo Milios BSc PhD | Musculo-skeletal Physiotherapist, Complete Physiotherapy Research Fellow, University of Western Australia |
| Prof Moira O'Bryan PhD | Dean of Science, University of Melbourne |
| Mr Michael Pope BSc | Clinical & Community Resources Officer, Hunter New England & Central Coast Primary Health Network |
| Dr Stella Sarlos MBBS FRACP | Endocrinologist, Hudson Institute of Medical Research and Peninsula Endocrine Associates |
| Dr Ie-Wen Sim MBBS (Hons), BMedSci, FRACP | Consultant Endocrinologist and Andrologist, Monash IVF, Monash Health, Western Health, Eastern Health, Epworth HealthCare Lecturer, Department of Medicine, Monash University Lecturer, Melbourne Medical School, Melbourne University |
| Prof James Smith BAppSc Hons (Hum Movt), BEd, GCPH, PhD, FAHPA | Father Frank Flynn Fellow, Menzies School of Health Research Director, Freemasons Centre for Male Health and Wellbeing – Northern Territory College of Medicine and Public Health, Flinders University |
| Dr Anna Watts MBBS, FRACP | Endocrinologist, Ballarat Health Services |



Collaborations and partnerships

Research

Healthy Male is a valued partner of researchers around the country. We provide input into the planning and conduct of research studies, assist with research funding applications, and make critical contributions to the dissemination of knowledge. Research studies conducted by our partners include:

NHMRC Partnership Project – Prostate Cancer Survivorship Essentials for Men with Prostate Cancer on Androgen Deprivation Therapy: Transforming Care to Improve Outcomes

Partner: Prof Jeff Dun (University of Southern Queensland)

Androgen deprivation therapy is used to treat around two-thirds-to-a-half of Australian men diagnosed with prostate cancer. Men in regional Australia whose prostate cancer is managed in the public system are three-times more likely than men treated privately in metropolitan areas to receive this type of treatment.

Androgen deprivation therapy slows progression of prostate cancer and saves lives but it can have debilitating side effects, including depression, anxiety, behavioral changes and sleep disturbances. More than one-third of Australian men who receive androgen deprivation therapy to treat prostate cancer receive insufficient support, which adversely affects their health-related quality of life.

Led by Prof Jeff Dunn (University of Southern Queensland), this NHMRC Partnership Project will investigate the ability of a nurse-led survivorship care intervention to improve quality of life in men who receive androgen deprivation therapy to treat prostate cancer. The care intervention will be provided using tele-health and face-to-face contact.

Healthy Male provided input into the application for funding this project, and is contributing to project planning and recruitment of subjects. When the project is completed, Healthy Male will translate the research findings into information and education resources for consumers and health professionals.

Influences of cardiometabolic risk factors and testosterone on risk of SARS-CoV-2 infection in men

Partner: Prof Bu Yeap (University of Western Australia)

Since the early stages of the COVID-19 pandemic we have known that being male is a risk factor for disease severity, hospitalisation and death. This led to speculation of a role for testosterone in determining vulnerability to the disease.

Healthy Male supported a successful application from Prof Bu Yeap (University of Western Australia) to the Western Australian Future Health Research and Innovation Fund, to enable examination of the relationship between testosterone and COVID-19 outcomes using samples from the UK Biobank study.

The results of this study were published in the *European Journal of Endocrinology* (pp. 159-70; volume 187, 2022). Men with the highest serum concentrations of testosterone and serum hormone binding globulin were most at risk of death from COVID-19 (after adjustment for age and other confounding factors).

Healthy Male summarised this research and discussed its implications in a Research Review shortly after publication.

Collaborating organisations

Allied Health Professionals Australia

Australian Association of Psychologists Inc

Australasian Birth Trauma Association

Australian College of Nursing

Australian Fatherhood Research Consortium

Australian Men's Shed Association

Baby Makes 3

Better Health Channel

Birthing Dads

Birthready

Carrington Health

Centre of Perinatal Excellence

Charles Perkins Centre, The University of Sydney

Childbirth and Parenting Educators of Australia

Continence Foundation of Australia

Correct Care Australasia

CRANApplus

Dads Group Inc.

Endocrine Society of Australia

Exercise Right

Freemasons Centre for Male Health and Wellbeing South Australia

Gidget Foundation Australia

healthdirect

Jean Hailes for Women's Health

Melbourne University

Men's Health Information and Resource Centre

Miscarriage, Stillbirth and Newborn Death Support

Monash University

National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners

National Rural Health Alliance

Ngala

Parent-Infant Research Institute

Parents At Work

Peach Tree Perinatal Wellness

PANDA Perinatal Anxiety and Depression Australia

Prostate Cancer Foundation of Australia

Public Health Association Australia

Red Nose Australia

Robinson Research Institute, University of Adelaide

Ten to Men

The Fertility Society of Australia and New Zealand

The Regional Men's Health Initiative

University of New South Wales

University of Sydney

Victorian Assisted Reproductive Technology Association

Your Fertility

Financial Summary

Income and expenditure

Healthy Male's major expenditure outputs are health education and health promotion. These outputs are developed by the organisation's staff and external resources. They are supported by the marketing and communications and administration teams.

To achieve the accomplishments highlighted in this annual report Healthy Male is supported by the Australian Government through the Male Health Initiative grant, which is administered by the Australian Government Department of Health and Aged Care.

While most of Healthy Male's income is sourced from the Male Health Initiative, other revenue sources include funding from participation in research grants and specifically sourced project funding.

Health education

Our most significant health education deliverable in 2021-2022 was the development of eLearning training activities for health and allied health professionals through Healthy Male's dedicated eLearning platform. Resources and information for health professionals in the form of webinars, podcasts, clinical summary guides and research reviews were also developed or reviewed and are listed in this report.

Health promotion

To assist men in achieving increased control over, and improving, their health, Healthy Male focused expenditure on promoting health information and actions through campaigns and themed information promotions across the 2021-2022 year. Promotions such as Men's Health Week and The Male magazine reach broad audiences. Our partnership initiative with the Australian Men's Sheds Association, the comprehensive men's health promotion toolkit, 'Spanner in the Works?', was redeveloped specifically for use by males in correctional settings.

We attended and presented at both virtual and in-person conferences and events and provided a range of printed resources to workplaces, health services and community settings.



● **54%** Health promotion

● **46%** Health education

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Healthy Male is supported by funding from the Australian Government Department of Health and Aged Care.



HEALTHY MALE

Generations of healthy Australian men