



MEN'S HEALTH 2015 WEEK DK

The theme for MHW in Denmark this year is **'Young Men's Health and Wellbeing'**. MHW 2015 is organised by The Men's Health Forum in Denmark, which is a partnership with more than 40 organisations, companies, political bodies etc. wanting to work for men's health led by Men's Health Society.

For the occasion Men's Health Forum made a study on young men's health and young men's health behavior especially on their view on and use of primary care. The figures show that between the age of 15 and 25 years the young men have a three times higher mortality than the young women. Those death rates are not only due to accidents and suicides but already at this age men have higher mortality rates from cancer (45%) and CVD of which only men die before the age of 35.

At the same time the study shows that the young men do not use primary care: More than three times as many young men haven't been in contact with their GP during the last year and three times as many young men as women do not know how to get in contact with their GP.

During the MHW the Forum launches a new web based service for men to help them find out what to do with different symptoms.

All around the country there will be more than 140 activities / events arranged by municipalities, pharmacies, trade unions, patient's organisations and private companies etc.

The **MHW Price 2015** goes to the Danish soccer player Nicklas Helenius who has spoken openly about his mental sufferings of depression and anxiety during his time in the English Premier League and how he has come over it by seeking help and treatment.

Please read more at www.sundmand.dk – mostly in Danish.