Happy New Year!!

Welcome to the 2nd e-newsletter for the Men's Health Information and Resource Centre (MHIRC). We are a research centre located at the University of Western Sydney, Richmond campus. Our aim is build on what men and boys are doing right.

Thanks to everyone who forwarded the previous newsletter to other people and groups. This has resulted in a number of new subscribers - including some from interstate and overseas. Thank you for helping us get the Good Oil out to people!

Please forward this e-mail on to anyone else you know with an interest in men and boys health and wellbeing.

We look forward to hearing from people with questions, comments or suggestions about information in this newsletter or on our website www.menshealth.uws.edu.au

The MHIRC team

4TH NATIONAL MEN'S HEALTH CONFERENCE - MEN FULLY ALIVE

On the 26-29 September 2001 MHIRC will be hosting the 4th National Men's Health Conference at UWS, Richmond.

The conference aims to promote the health of boys and men by
* Building on what boys and men are doing right;
* Highlighting good practice which promotes the health of boys and men;
* Challenging some of the stereotypes which build on a deficit image of men;
* Addressing current issues around men's health.

You are invited to present a paper, workshop or seminar at the conference. For more detailed information about the conference and to register an expression of interest in making a presentation please visit the conference website on http://www.menshealth.uws.edu.au/mfa1.htm

OLDER MEN AND COMMUNITY BUILDING

Wednesday 21 February 2001 at Parramatta Mission, 119 Macquarie St, Parramatta
9.00 - 4.15

MHIRC has been involved in organising a seminar with the NSW Committee on Ageing and Older Men: New Ideas (OM:NI) on Older Men and Community Building. The day will bring together older men, service providers and other decision makers to help identify the significant processes which
enable Older Men to work with each other and community and health development workers to add value to the communities in which they live, as well as enhancing their quality of life and sense of worth to others.

Prof. John Macdonald Director of MHIRC will be speaking about the spiritual health of older men. MHIRC has also been conducting research into the health and wellbeing of older men with OM:NI. John Buchanan will be presenting the results of this research at the seminar.

The cost is $5 for OM:NI members and Senior’s card holders and $20 for all others. If you want to reserve your place please contact Bill Whitting at OM:NI on (02) 9286 3860 or e-mail omni@cotansw.org.au

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WHAT MOTIVATES RURAL MEN TO IMPROVE THEIR HEALTH STATUS?
(from the National Rural Health Alliance newsletter)

That was the question researchers in WA have tried to answer in a new research report now available. The study of 525 men from a range of rural occupations concentrated on diabetes, the fifth major health priority in Australia. It found that 48% of men 40-49 were at risk of developing diabetes and 85% of men 50-65 were at risk. Education phases and visits to GPs were advised and the researchers followed the progress to analyse what motivated the men to follow the advice. The full report is available at http://www.rirdc.gov.au/reports/HCC/00-157.pdf

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