



Government of **Western Australia**  
Department of **Health**



# Western Australian Men's Health and Wellbeing Policy

A roadmap for healthier  
Western Australian men and boys

## Summary

# Western Australian Men's Health and Wellbeing Policy

## Our vision

To optimise the health and wellbeing of all men and boys in Western Australia.

## Our purpose

To provide direction to the WA health system and its partners to deliver strategies to improve the physical, mental, social and emotional wellbeing of men and boys living in WA.

## Guiding principles

- ✓ People and community centred
- ✓ Health equity and access
- ✓ Prevention
- ✓ Highest quality
- ✓ Holistic
- ✓ Collaborative
- ✓ Actions across the continuum

## Priority populations

- ✓ Men living with a mental illness
- ✓ Men living in rural and remote areas
- ✓ Men in low socioeconomic circumstances
- ✓ Men from culturally and linguistically diverse backgrounds
- ✓ Aboriginal men
- ✓ Men with disability
- ✓ Males with diverse sexualities, intersex men and men with transgender experience
- ✓ Men directly impacted by fly-in, fly-out work arrangements
- ✓ Young men
- ✓ Older men

## Priority areas

**Goal 1** Men are empowered to be proactive in managing their health and wellbeing.

**1.1.** Increase efforts towards appropriate **health promotion approaches and activities**.

**1.2.** Build understanding of men's health needs and address **attitudes and culture** in order to enable behaviour change.

**Goal 2** Men have equitable access to services (including prevention and early intervention initiatives) that meet their needs.

**2.1.** Ensure a **collaborative, whole of government approach** to support a broad, coordinated approach to improving health and wellbeing.

**2.2.** Ensure **access to information** at appropriate life events/stages.

**2.3.** Adopt a **holistic approach** to men's health care and services that consider social determinants of health.

**2.4.** Encourage **early intervention**, including opportunistic screening and treatment.

**2.5.** Improve **service delivery and access** by ensuring services are responsive to men's health and wellbeing needs.

**Goal 3** Men's health and wellbeing needs are monitored, evaluated and inform continual improvement of programs, services and initiatives.

**3.1.** Collect data to determine and prioritise the diverse health needs of men.

**3.2.** Continually monitor and evaluate health initiatives for men.

## Policy domains



A. Build healthy public policy



D. Develop personal skills



B. Create supportive environments



E. Reorient health services



C. Strengthen community actions

## Working together

The Policy is the result of an intensive phase of research, discussion and consultation with many stakeholders.

**292**

Attendees at metropolitan and regional consultation forums

**107**

Responses were received via the online survey

**11**

Submissions were received via email

**15**

Regional consultation forums

**4**

Metropolitan consultation forums

**21**

Reference group members

## For more information

[https://ww2.health.wa.gov.au/Articles/U\\_Z/WA-Mens-Health-and-Wellbeing-Policy](https://ww2.health.wa.gov.au/Articles/U_Z/WA-Mens-Health-and-Wellbeing-Policy)

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