

# The Man WoF with Scotty Morrison

Inspecting Organisations

**AA Health Insurance**

**men's health week**  
TE WIKI HAUORA TĀNE 2022 • JUNE 13-19

AA Health Insurance has teamed up with our good friends at Men's Health Week and with broadcaster, Te Reo Māori guru and ambassador **Scotty Morrison**, to construct the 'Man WoF'. Think of it as a 'check-list of tune-ups' to service both body and mind and the chance to have a kōrero around these things. As little steps can, and will, make a big difference.

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Make Scotty Model Morrison Reg # MHW101  
Year 1970 Odometer 51,000 Membership # 1319062022

## Diabetes



Visiting a health professional is a great way to assess your risk of diabetes. There are many small ways to reduce risk.

Let's talk about what you can change:

- Weight  Exercise & Diet  Smoking

**FACT** Māori are three times as likely to have type 2 diabetes as non-Māori, and are more likely to develop complications\*



## Mental Health

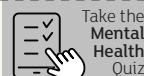


Men are getting better and better at talking about and understanding mental health issues.

Let's talk about:

- Depression  Anxiety  Suicide Prevention

**FACT** 1 in 8 New Zealand men will experience serious depression during their lifetime.



## Heart & stroke



Cardiovascular diseases are the main cause of death, followed by strokes.

Let's talk about:

- Coronary Artery disease (CAD)  Risk Factors  
 What the signs are  Getting a check

**FACT** Heart disease accounts for one third of deaths in NZ each year.



## Melanoma



New Zealand has the highest melanoma death rate in the world. Heavy tunes.

Let's talk about:

- Slipping, stopping, slapping & wrapping.  
 Being vigilant about changes in your skin.

**FACT** Every day one New Zealander dies from melanoma. Nearly 60% of these will be men.



## Blood pressure



High blood pressure can lead to strokes, heart attacks, heart and kidney failure.

Let's talk about:

- Having your blood pressure checked at least once a year by a healthcare provider.  
 Making the right lifestyle choices.

**FACT** Hypertension occurs when there's too much pressure in your blood vessels. It's like having too much air in your tires!

## Prostate



Prostate cancer is the most commonly diagnosed cancer among New Zealand men.

Let's talk about:

- How it does not produce any symptoms until the condition is quite advanced.  
 How to go about getting tested.

**FACT** Around 1 in 10 NZ men will develop prostate cancer at some stage in their lifetime.



## Preventative health



Easy steps to take control of our health.

Let's talk about:

- Getting proactive around your health.  
 Taking preventative action to reduce danger of major health risks.  
 Small steps can lead to big changes.

**FACT** There are on average 40 new diabetes diagnoses in New Zealand every day.



## Testicular cancer



Have you got the balls?

Let's talk about:

- Knowing your own body and if you notice any lumps or changes see your doctor.  
 How, if diagnosed early, it has the highest rate of cure of all cancers.

**FACT** Testicular cancer is the most common cancer affecting men between the ages of 15 to 39.

## What's up doc?



Worried how long it has been since you last saw the doctor? Don't be. Now is the time.

Let's talk about:

- Booking it in *now*.  
 Getting a check up every year - just like your car!

**FUN FACT**

Going to the doctor costs about the same as getting a WOF on your car!

## Exercise



How to start exercising if you're out of shape.

Let's talk about:

- Getting motivated.  
 Finding the time and the resources.  
 How diet can help.

## What's your score?



Take the Men's Health Week What's your Score? survey and get your health score.

**WHAT'S YOUR SCORE?**

\* Source – (Ministry of Health 2014a). Diabetes Quality Care Standards Toolkit. Wellington: Ministry of Health.

All facts above are taken from the Men's Health Week website. -

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(P) (F) = Pass  
(P) (F) = Fail  
~~(P)~~ ~~(F)~~ = Not Applicable