# UK government launches consultation to develop England’s first men’s health strategy



Last week, the UK government initiated a significant call for evidence to inform England’s first comprehensive men’s health strategy. This 12-week consultation period seeks input from the public, health and social care professionals, academics, and employers, with the goal of addressing key health challenges faced by men across the country. The government aims to gather wide-ranging perspectives on current efforts and identify further measures needed to close the notable life expectancy gap between men and women, as men in England typically die nearly four years earlier on average.

Several health experts and advocates have shared their views on the pressing health issues confronting men today and the role of technology and innovation in improving outcomes.

Ian Budd, Prescribing Pharmacist at Chemist 4 U, highlighted the serious nature of men’s health challenges in England. “We are seeing higher rates of cancer, heart disease and type 2 diabetes, not to mention the heavy toll of mental health issues, especially suicide, which is still the leading cause of death for men under 50,” he said. He emphasised how digital healthcare, including online pharmacy services, can offer confidential and convenient access to effective treatments and professional support. “Many men put off seeking help or find it tough to engage with traditional healthcare, often because of stigma, time constraints, or simply not having easy access to services,” Budd explained.

Dr Mohamed Najjar, from Jorja Healthcare Group, identified obesity as a significant and growing concern for men’s health. A considerable portion of the male population is overweight or obese, with many finding it difficult to lose and sustain weight independently. He pointed to GLP-1 medications—drugs that mimic the effects of a natural gut hormone—as a major breakthrough in supporting weight loss. “These medications are arguably the single biggest innovation in the weight-loss sphere in the last century and have the power to transform men’s health for the better,” Najjar observed.

Daniel Herman, Founder of Bio-Synergy, underscored the widespread issue of men’s reluctance to engage proactively with their health. He noted that many men delay seeking medical advice until symptoms become severe. Herman advocated for greater focus on awareness, education, and empowering men with tools to take control of their health early on. “If, as the Health Minister has suggested, the UK aims to adopt elements of Japan’s proactive healthcare model, then embracing health tech is vital,” he commented. Herman highlighted the benefits of shifting from reactive to preventative healthcare approaches, stating that this could improve men’s health outcomes and reduce the long-term burden on the NHS.

Prostate cancer, the most common cancer in men in the UK with approximately 55,000 new cases recorded annually, remains a critical concern. It is also the second-most-deadly cancer among men. Experts have noted that the UK currently lags behind other European countries in the detection and treatment of prostate cancer, resulting in many preventable deaths. However, recent technological advances—including improved MRI scanning and robotic prostate surgery—offer promising potential to transform patient outcomes.

The organisation Prostate Cancer Research emphasised that the benefits of new screening technologies now significantly outweigh risks associated with overdiagnosis and overtreatment. They urged the government to harness current research and data to support the adoption of new diagnostic technologies and launch a targeted national prostate cancer screening programme for high-risk groups.

Paul Sayer, Founder of Prost8 UK, called the launch of a national men’s health strategy “long overdue and urgently needed.” He pointed out that prostate cancer has surpassed breast cancer as the most commonly diagnosed cancer in the UK, yet men’s health efforts continue to be largely reactive. “If we are serious about improving men’s health outcomes, we must embrace these evidence-based technologies, improve early diagnosis, and ensure equitable access to modern treatments,” Sayer said. He stressed the importance of informing men about all available options to make treatment decisions that preserve quality of life.

The UK government’s consultation represents a concerted effort to better understand and address the multifaceted health challenges men face. The collected insights and expert opinions aim to shape a strategic approach capable of enhancing health outcomes, closing life expectancy gaps, and integrating innovative technologies into healthcare pathways for men across England.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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