



Department
of Health &
Social Care



Men's health strategy for England

Call for evidence: tell us how we can
make men's health better in England



 **What do you think?**

Do you think the idea is a good one?

 Yes ☒

 Not sure ☐

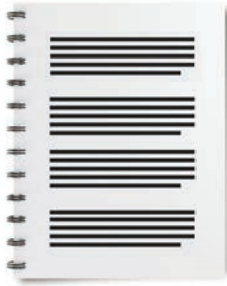
 No ☐





**The questions in this survey
are for men to answer**

About this easy read booklet



This is an easy read of a bigger survey called **Men's Health Strategy for England: call for evidence**.

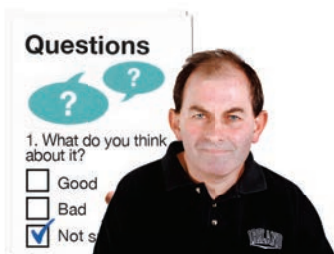


This easy read booklet tells you about the main things in the bigger survey.



If you want more information, you can find the bigger survey on our website:

www.gov.uk/government/calls-for-evidence/mens-health-strategy-for-england-call-for-evidence



The questions in this booklet are for men to answer.



We have another booklet with questions for other people to answer.

What is in this booklet



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About our call for evidence

We are the Department of Health and Social Care. We are writing a new plan for men's health in England.



The government is asking people what they should put in the plan. We call this a **call for evidence**.



To find out what people think about men's health, we have written a survey.



We will read all the answers people give us in this survey.



We will use what people tell us to make our plan.



Important

The answers you put on this form will help us think about men's health.



We will not be able to ask a doctor or nurse to see you if you tell us about a health condition in your answers.



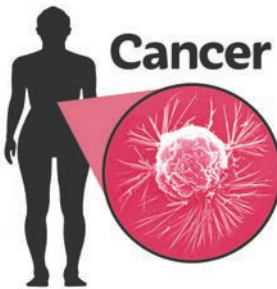
If you are worried about your health you can:

- Contact your local doctor.
- Contact NHS 111 if you need help quickly but it is not an emergency.
- Phone 999 or go straight to your nearest A and E at the hospital.
You should only do this if it is an emergency and you need help straight away.

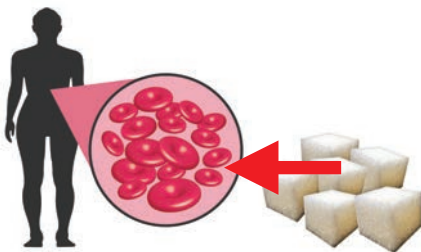




● **Heart problems.**



- **Cancer.** **Cancer** is an illness people can get. It can be very serious and can make you very poorly.



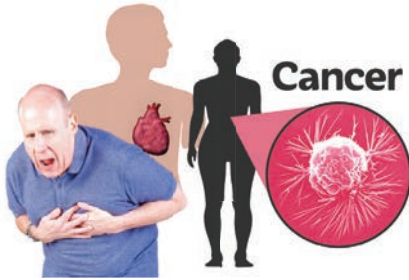
- **Diabetes.** **Diabetes** is an illness where your body cannot control the right amount of sugar in your blood.



3



Men are more likely to do unhealthy things like smoking and drinking alcohol.



Doing these things can cause things like cancer and heart problems.



Men are more likely to die by **suicide**. **Suicide** is when someone ends their own life.

When we say ends their own life, we mean when a person kills themselves on purpose.



Men can find it hard to use **healthcare services**.

Healthcare services are things like local doctors and hospitals.



Health inequalities are when some people do not get the same chances to have good health.



Some men have less chance of having good health.



They might be disabled men or men who live in poorer areas.

What we want to work on in our plan



We want all men to get the support they need to live healthy, happy lives.

To make men's health better, we want to:

1. Support men to live healthy lives. Things like eating healthy foods or stopping smoking.



2. Make things better for men who have health conditions.



3. Help men to use healthcare services.



How to fill in the survey



We have this easy read survey online on our website. If you want to fill it in online go to:

www.consultations.dhsc.gov.uk/mens-health-strategy-for-england-easy-read



Or, you can print it out and fill in a paper copy.



If you do not know how to print something, you might be able to get help at your local library.



Please send your answers back to us by **Friday 12 September 2025**.



When you answer our questions, try not to put any personal information.

Things like your name, email address or phone number.



Before you send us your answers, it is important you read our privacy notice on **page 37**.

It tells you how we will use and look after the information you tell us.



If you have filled in a paper copy, please send it back to:

Men's Health Strategy team
Department of Health and Social Care
39 Victoria Street
London
SW1H 0EU

Who can answer the questions in this survey

You can answer our questions in this survey if you:



- Are a man who is 16 years old or older

and

- Live in England.



If you are not a man or do not live in England, we may not look at or use your answers.



In some of our questions we ask if you have used healthcare services in England.



Please do not tell us about healthcare services you have used in Scotland, Wales or Northern Ireland.

Questions about you



Question 1: Are you aged 16 or older?



Question 2: Do you live in England?



Question 3: What is your sex?





Question 4: When you are born, a doctor might say if you are a boy or a girl. This is your gender at birth.



You might stay this gender all of your life. Or, as you grow up, you may feel like your gender is wrong. You may change your gender.



Is your gender now the same as the one you were given when you were born?



Yes



No



I don't want to say



You can tell us what gender you are here, if you want to:



Question 5: What part of England do you live in:

☐

North East England

☐

North West England

☐

Yorkshire and the Humber

☐

East of England

☐

East Midlands

☐

West Midlands

☐

London

☐

South East England

☐

South West England

☐

I don't want to say



Questions about men's health



Question 6: Thinking about things that affect men's health.

Please tell us up to 5 things you think are the most important for us to look at in our plan.

Try not to put any personal information.

1:

2:

3:

4:

5:

Getting useful information that can help you to make decisions about your health



We have written some things below.
Please tell us if you agree or disagree with them:



Agree means yes, I think this.



Disagree means no, I do not think this.



7. I think information about healthcare services is clear and easy for men like me to use and understand.






8. I know where to go to get help if I am worried about my body or keeping my body healthy.

 ☐
Agree

 ☐
Disagree


 ☐
I don't know



9. I know what to do to keep my body healthy.

 ☐
Agree

 ☐
Disagree

 ☐
I don't know



10. Information about keeping my body healthy is clear and easy for men like me to understand. Things like healthy eating and checking your body.

 ☐
Agree

 ☐
Disagree

 ☐
I don't know



11. I know where to get support if I am worried about my **mental health**.



Mental health is how you feel in your mind and how you cope with everyday life.


☐

Agree


☐

Disagree



I don't know



12. I know where to get support if I am in a mental health **crisis**.

Crisis is when you need help straight away because of your mental health.


☐

Agree


☐

Disagree



I don't know




13. I know what I need to do to look after my mental health and **wellbeing**.

Wellbeing is keeping happy and healthy in your body and mind.

If you have good wellbeing, you might feel happy with your life.

 ☐
Agree

 ☐
Disagree


 ☐
I don't know



14. Information about looking after my mental health and wellbeing is clear and easy for men like me to understand.

 ☐
Agree

 ☐
Disagree

 ☐
I don't know



15. Information about services that help with **sexual health** is clear and easy for men like me to understand.



Sexual health is about keeping safe and healthy before you have sex, when you have sex and after you have sex.

☐

Agree

☐

Disagree



I don't know



16. Information about sexual health is clear and easy for men like me to understand.

☐

Agree

☐

Disagree



I don't know

Supporting men to live healthy lives

We want to help men and boys to live healthy lives. Things like:



- Eating healthy food.



- Moving around and doing more exercise.



- Stopping smoking.



- Using less drugs or drinking less alcohol.



Question 17: What can we do to make it easier for men and boys to live healthy lives? Please tell us here.

Try not to put any personal information.

Making things better for men who have health conditions



Question 18: Do you have any illnesses, disabilities or mental health conditions?



Yes



No



I don't want to say

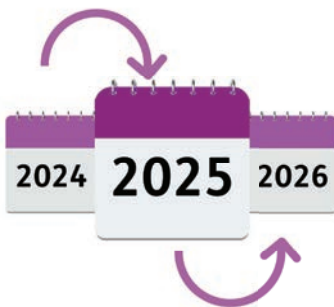


No



I don't want to say

If you said **No** or **I don't want to say** please go straight to **question 29**.



Question 19: Are any of your illnesses, disabilities or mental health conditions **long term**? **Long term** means it lasts for 12 months or more.



Yes



No



I don't want to say



No



I don't want to say

If you said **No** or **I don't want to say** please go straight to **question 21**.



Question 20: Does your condition affect how you do day to day things? Things like going shopping or making meals?

☐

Yes a lot

☐

Yes a little bit

☐

No

☐

I don't want to say



Question 21: What health conditions or disabilities are you living with?

You can tell us here, if you want to:



Question 22: In the last 3 years have you seen a doctor, nurse or another NHS service about 1 or more disabilities or health conditions?

☐

Yes

☐

No

☐

I don't want to say



No



I don't want
to say

If you said **No** or **I don't want to say**,
please go straight to **question 26**.



Question 23: Overall what did you
think about the service you got?



Good



OK



Bad



I don't
know



Question 24: What things were
good about the healthcare you got?
Please tell us here.

Try not to put any personal
information.



Question 25: How would you make the healthcare you got better?
Please tell us here.

Try not to put any personal information.



Question 26: Do you have a job?



If you said **No**, go straight to **question 29**.



Question 27: Does your health condition affect you at work?

☐

Yes a lot

☐

Yes a little bit

☐

No

☐

I don't want to say



Question 28: Answer this question if you said yes to **question 27**.

How does your condition affect your work?

You can tell us here, if you want to:



Question 29: How do you think men with health conditions could be better supported at work? Please tell us here.

Try not to put any personal information.



Question 30: What should we put in our plan to deal with things that affect men's and boys health the most? Please tell us here.

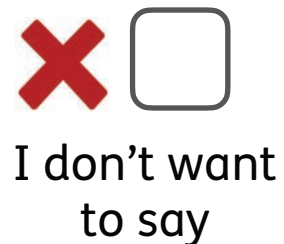
Try not to put any personal information.



Using healthcare services

Question 31: Think about your health in the last 3 years.

Have you been worried about your health but not spoken to any healthcare services about it?



Question 32: Answer this question if you said yes to **question 31**.

Why did you decide not to speak to anyone?

Try not to put any personal information.



Question 33: Have you ever taken part in a health service made for men? Things like a sports group to help men with their mental health, or a group that helps men to lose weight.



Yes



No



I don't want
to say



Question 34: Answer this question if you said yes to **question 33**.

Why did you want to take part in the health service? Please tell us here.

Try not to put any personal information.



Question 35: What things would make it easier for men to use healthcare services? Please tell us here.

Try not to put any personal information.



Question 36: What things can we do to make men's and boys experiences of using healthcare services better? Please tell us here.

Try not to put any personal information.



Question 37: Is there anything else you want to tell us about men's health? Please tell us here.

Try not to put any personal information.

More questions about you



Question 38: How old are you?

You can tell us here, if you want to:



Question 39: What is your **ethnic group**? **Ethnic group** is about your race, background and culture.

☐

I don't want to say

Asian or Asian British:

☐

Indian

☐

Pakistani

☐

Bangladeshi

☐

Chinese

☐

Other background.
Please tell us:



Black or Black British:

☐

African

☐

Caribbean

☐

Other background.
Please tell us:



Mixed ethnic group or more than 2 ethnic groups:

☐

White and Asian

☐

White and Black African

☐

White and Black Caribbean

☐

Other background.
Please tell us:



White:

☐

English, Northern Irish,
Scottish, Welsh or British

☐

Irish

☐

Gypsy or Irish Traveller

☐

Other background.
Please tell us:



Other ethnic group:

☐

Arab

☐

Other background.
Please tell us:

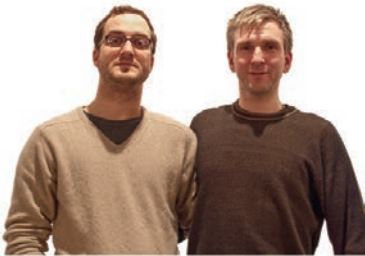


Question 40: What is your **sexual orientation**?

Sexual orientation mostly means who you are attracted to.



☐ I am a man who is attracted to women



☐ I am a man who is attracted to other men



☐ I am attracted to both men and women



☐ Other. You can tell us your sexual orientation if you want to:



☐ I don't want to say



Question 41: Do you have a job?



☐ Yes



☐ No but I am looking for a job



☐ No and I am not looking for a job



☐ I don't want to say



Question 42: Answer this question if you said yes to **question 41**.

Please tell us what kind of job you do:

Our privacy notice



Our **privacy notice** tells you how we will use and look after the personal information you tell us.



When you fill in our survey, we will get some personal information about you.

Things like your age, sex and the part of England you live in.



We will also have things you tell us in your answers.



We will follow the law about keeping your information safe and private.



We will keep your personal information for 1 year. Then we will delete it.

How to complain



Complain means telling us you are not happy. If you are not happy about how we have looked after your information, you can:



- **Email us:**
data_protection@dhsc.gov.uk



- **Write to us:**
Data Protection Officer
First Floor North
39 Victoria Street
London
SW1H 0EU



If you are not happy with how we deal with your complaint, you can complain to the Information Commissioner's Office.



You can find out how to do this on their website:
www.ico.org.uk/make-a-complaint

