MEN’S HEALTH
Accidents,
Unintentional Injury,
and Violence
Accidents are the third leading cause of death in American men
Leading cause of men younger than 44

Motor vehicle accidents account for 42,000 of the nearly 94,000 accidental deaths
- falls are 2nd place (17%)
- poisoning (10%)
- drowning (4%)
- fire (4%)
- firearm accidents (1%)
ACCIDENTS

68% of all accidents are severe enough to restrict activity or require medical attention

most accidents are caused my human mistakes - which men are very good at

1999 CDC - males were likely to engage in risky behaviors
• not wearing seat belts,
• riding motorcycles (not wearing helmets),
• drinking when driving,
• drinking to excess,
• abusing drugs,
• carrying weapons,
• fighting,
• unsafe sex
VIOLENCE

• Is predominantly a male problem

• Men are the main perpetuator and victims of homicide and suicide, and are responsible for more domestic violence
in 1998, private employers reported 5.5 million work injuries and 390,000 cases of occupational illness

In 1997, 5,255 civilian workers died from injuries, 93% were men

Men make up 78-100 of the workforce in the ten most dangerous jobs

http://jobs.aol.com/articles/2012/09/24/americas-10-most-dangerous-jobs/#photo-1
ON THE JOB

Men tend to be more competitive than women - often dividing the world between winners and losers - with no middle ground

Striving for success can turn men into workaholics

Men who succeed get emotional satisfaction from work but also can deprive men of relationships
Death by Work?

Yes.

Karoshi - “death from overwork”

A legit diagnosis in men, and survivors get compensation.

In the UK - there is a small but significant relationship between the hours of work and health.

Men who have low control over their jobs, men with high mental stress (but low physical activity at work), and men who have low social support from their coworkers face an increased risk of heart attacks and death.
• Men are five times more likely to die of a homicide than women
• 14 young men die of homicide each and every day
• Homicide is the number one killer for African American men
• Most homicides are committed by someone the victim knows
• Six out of seven successful suicide is completed by a male
• Eleven young men take their own lives every day
• Suicide is the second leading cause of death for Caucasian males
INJURY
INJURY

Don’t use the term “accident” any more. This implies that injury is chance occurrence or unpreventable. Injuries are largely preventable if safety promoting behaviors are adopted.

Use **UNINTENTIONAL INJURY** instead.

Men, the most injury deaths occur at 21 - this number remains high until the early 50s. For women, the greatest number of injury deaths occur after 75.
Unintentional Injury deaths, US 2001
MOTOR VEHICLE

Car accidents account for **40%** of all unintentional injury deaths

Factors...

- Improper driving - speeding, failure to yield, following too closely,
- Driver inattention
- Aggressive driving
- Alcohol impaired driving
- Environmental hazards

25% of highway crashes involved inattention
Drivers under 20 are most likely to be involved...

- cell phones
- texting (6 times more dangerous than drunk driving)

One study:
97% of people know texting and driving is dangerous, 75% still do it

Another study: almost 50% of adults admitted to texting (*admitted)

http://www.youtube.com/watch?feature=player_embedded&v=R1COVgxlUss
http://www.asiaone.com/News/Latest%2BNews/World/Story/A1Story20130416-416298.html
In OREGON

Current prohibitions:

Oregon has outlawed use of mobile communications devices by all drivers. Cell phones with hands-free attachments are allowable only for those over 18 years of age. Text messaging banned for all drivers. Fine: $142 plus costs.

Drivers under the age of 18 with learner’s permits or intermediate licenses are prohibited from using cell phones or text messaging while driving. The ban applies to all cell phone use, regardless of whether a hands-free device is employed.
MOTOR VEHICLE

AGGRESSIVE DRIVING

2/3 of all traffic deaths are due to aggressive driving

• tailgates
• speeds
• runs reds
• changes lanes without signaling
• illegal turns

Sunday, April 21, 13
MOTOR VEHICLE

ROAD RAGE

an extreme form of aggressive driving that occurs when a driver becomes enraged at another driver

64% of men admitted to aggressive driving

majority are between 18 and 26

Why are men more aggressive drivers?
• Clash of personalities
• Pressure
• Frustration
• Association of one’s self to their car
• Men love their cars

• Based on clinical researches, this type of behavior when driving is a result of frustration. Everything revolves around the fact that they get too frustrated because they feel that certain factors, such as traffic, slow drivers or road blocks are hindering them from reaching their goals. These goals may range from complicated as driving to meet your office deadline, attending a corporate meeting to as simple as running a few errands for the missus.

• Another psychological reason for aggressive driving is related to the need to provide an answer to every question. Men are responsive by nature, especially when they feel that they need to respond when provoked or pressured to act on something. One example would be going through a bumper to bumper traffic situation. An aggressive driver would think that he needs to outwit the other drivers who are fighting their way through the road.
ALCOHOL AND DRIVING

- 3 in 10 americans are involved in alcohol related crash at some point in their life

ENVIRONMENTAL HAZARDS

account for less than 5% of crashes - but when combined with human error it is 27%.
- Snow
- ice
- wind
- poor visibility
- etc...
MOTOR VEHICLE

MOTORCYCLE
• motorcyclists are 5 times more likely than passenger car occupants to die in an MVA and 26 times more likely to be injured.

Factors
• lack of training
• distraction
• alcohol
• environmental conditions

Half of unhelmeted riders suffered a head injury, compared to 35% of those wearing helmets
RECREATIONAL

BIKES

Helmets reduce the risk of head injury by 85% and the risk of brain injury by 88%.

WATER

nine people drown everyday - 80% are male

More than half of all drowning victims are white males

black men have the highest drowning rate for 100,00 person

http://www.ep.tu/problems/50/index.html
HOME SAFETY

40% of all disabling injuries occur in the home.

FALLS

responsible for more open wounds, fractures, and brain injuries than any other cause of injury

Most common cause of injury visits to the ER for young children and older adults
HOME SAFETY

FIRE

• one person dies in a fire every 158 minutes
• someone is injured in a fire every 31 minute
• most die from smoke or toxic gases
• 65 - 85% happen in homes
• 50% of homes with fire fatality did not have smoke detectors

POISONING

• Intentional poisoning make up for 18% of poisoning deaths
• Half of all unintentional poisonings are from drug overdoses.

Alcohol poisoning accounts for a small percentage of poisoning deaths.

CHOKING

If someone is choking don’t slap them on the back.

Perform the heimlich maneuver
NOISE

exposure to loud noises can damage hearing and lead to permanent hearing loss

We’re seeing a lot of young people lose their hearing early on, comparable with older adults...why?
MP3 Players

12.5 percent of kids between the ages of 6 and 19 suffer from loss of hearing as a result of using ear phones turned to a high volume.

Noise levels can reach 125 decibels. Exposure to that for 1 hour can cause permanent hearing loss.

Volume is the reason -

avoid exposure to 85 decibels or higher

[hearing test]: http://www.youtube.com/watch?v=1yzrx84WqI
WORK

Lifting - lift with the knees

Backpacks - should weigh no more than 10 - 20 percent of your body weight
VIOLENCE
Violence - how is it a societal issue?

the causes of violence are rooted in social and cultural conditions
VIOLENCE

IN THE US

Rates of violent crimes in the US are lower than in many developed countries - except for HOMICIDE - especially with a firearm.

15 time higher than in Canada

In Portland, there were decreases in the numbers of murders/non-negligent manslaughters (from 22 to 20), robberies, and motor vehicle thefts. There were increases in the numbers of rapes, aggravated assaults, burglaries, and larceny-thefts. (2011)
VIOLENCE

Violent crimes - homicide, assault, robbery, and rape

Aggravated assault - 2/3 of violent crimes
Robbery - less than 1/3
rape - 7%
homicide - 1%

Among women killed in the US, 1/3 are killed by husband or boyfriend.
VIOLENCE

Accountability

typical offender is 14 - 24, young, male
Men are much more likely to commit a violent act - 82% of arrests for violent crimes are men

Women do commit violent acts - mostly out of self defense
Minority Status

Blacks -
• 47% of all homicide victims
• 52% of all homicide offenders

Violent crimes arrest
• 60.5% white
• 37% black
VIOLENCE

RISK FACTORS

Societal factors:
• poverty
• poor schools
• disorganized neighborhoods
• alcohol and drugs
• availability of guns
• exposure to media violence
• lack of economic, educational, and employment opportunities

http://en.wikipedia.org/wiki/Broken_windows_theory
RISK FACTORS

Family level risk factors:
• child abuse
• substance abuse
• criminal activity
• lack of positive role models
• chaotic family organization
VIOLENCE

RISK FACTORS

Individual factors:
• brain structure
• brain chemistry
• medical disorders
• low intelligence
• aggressiveness
• poor impulse control
• criminal or antisocial behavior
VIOLENCE

What protects?
- High IQ
- Positive social orientation
- Involvement in school activities
TRENDs

• **Demographics** - rates of violence fall when the segment of the most responsible population (men 14 - 24) decreases in size.

• **Cocaine** - Drugs wars in the 1980s due to cocaine, today the drug of choice is pot but that isn’t associated with violence.

• **Economy** - bad economy = more crime.

• **Law enforcement and incarceration** - three strikes law and increase in incarceration rates in the 80’s and 90’s removed criminals from the streets.
SEXUAL VIOLENCE
SEXUAL VIOLENCE

**Sexual assault** - any sexual behavior that is forced on someone without consent includes:
- rape
- sodomy (anal or oral acts)
- child molestation
- incest
- fondling

**Sexual coercion** - imposing sexual activity on someone through the threat of nonphysical punishment, promise of reward, or verbal pressure rather than through force

25 - 60% of men have engaged in sexual assault and coercive sexual behavior
SEXUAL VIOLENCE

Causes?
- personality traits
- situational factors
- time and place
- alcohol and drugs
- relationship
SEXUAL VIOLENCE

RAPE

• In college - about 35 women per 1,000 females were victims of completed or attempted rape

• Stranger rape is rare - in 60% of rapes and sexual assault the victim knows the perpetrator

• In 40% of those cases, the perpetrator is a friend or acquaintance (classmate, coworker, someone casually known)

• Date rate is a type of acquaintance rape

• 18% of rapes and sexual assaults are committed by partner or husbands.
Male Rape

• Can males be raped?

• 5% of completed and attempted rapes, males are the victim. 1 in 33 men report being a victim in their life.

• Men are reluctant to report they have been raped? Why?

• Law enforcement, medical personnel, and social services may be less supportive of male rape because of misperceptions and information.
SEXUAL VIOLENCE

EFFECTS OF RAPE

Rape is about dominance, power and control. The effects can be profoundly traumatic and long lasting. Physical injuries can heal, but mental pain can endure.

Victims often experience
• fear
• anxiety
• phobias
• guilt
• nightmares
• depression
• substance abuse
• sleep disorders
• sexual dysfunction
• social withdrawal
• May develop PTSD
SEXUAL VIOLENCE

RAPE CULTURE

• Defined as an atmosphere of misogyny, glorified violence, and female objectification that cultivates fear and danger for women

• Many victims blame themselves for the rape and society tends to blame the victim

• There is a false belief that victims of rape or “asking for it”, put themselves in situations and deserved it, or could have fought off their attacker.

• One poll in the UK showed that 50% of women thought rape was the victims fault.

• Rick Ross: http://www.tmz.com/2013/04/13/rick-ross-apologizes-date-rape-song/
SEXUAL VIOLENCE

Steubenville

- Videos, photos, and online postings depicting the crime were posted on the internet
- The victim was harassed by girls in the community
- Victim was sent death threats
- Youtube videos making fun of the victim

CNN QUOTE after verdict: Poppy Harlow reported that it’s “incredibly difficult even for an outsider like me to watch what happened as these two young men that had such promising futures, star football players, very good students, literally watched as they believe their life fell apart.”

No mention about the victim - the young woman

more: http://thesocietypages.org/socimages/2013/03/19/this-is-rape-culture-responses-to-the-steubenville-verdict/

POINT BLANK: NO ONE EVER HAS THE RIGHT TO RAPE
SEXUAL VIOLENCE

Secrecy -

Studies have shown that colleges and universities are underreporting sexual assaults (they are required by law to)

Why?

Loopholes in data collection
Licensed mental health counselors and pastoral counselors are exempt from reporting rape

Controversies with investigation

some rely on mediation procedures where the perpetrator and victim meet with a administrator - also lots of gag restrictions
SEXUAL HARASSMENT

two types
1.) a person in a position of authority offers benefits for sexual favors or threatens retaliation for the withholding of sex

2.) suggestive language or intimidating conduct creates a hostile atmosphere that interferes with performance

in 2011 17% of men said they have experienced sexual harassment in the work place. Men are still the big perpetrators though...
INTIMATE PARTNER VIOLENCE

abuse by a person against his or her partner in an intimate relationship - includes use of fear and humiliation to control another person

95 - 98% of victims are women

**Cycle of abuse** - recurring pattern of escalating violence

- Typically, tensions build up in the relationship until there is a violent outburst.
- Followed by a “honeymoon” period, which the abuser is contrite, ashamed, apologetic, and non violent - often will beg partner for forgiveness
- Unless help is involved, the cycle repeats itself almost becoming more severe

Men who batter are more likely to abuse drugs and alcohol, suffer mental illness, and have financial problems
PREVENTING VIOLENCE

If men are the majority of violence perpetrators - how do we address this issue?

Individual level

Community level

Policy level