

# Men's health in the workplace: the data

Awareness around men's health is improving, and 57% of men say they're more health conscious than five years ago.

But men are still susceptible to certain health challenges, with mental health and loneliness being areas of concern — so how can we support men's health at work?

1 in 10

working men say feeling isolated impacted their mental health in 2024.

## Men look to their colleagues for support

Two-thirds of men say they're comfortable talking to their colleagues about their mental health, presenting an opportunity for trusted managers to provide support in the workplace.

Key qualities for managers, according to working men:

- ✓ Understanding and compassionate: 64%
- ✓ Available to talk: 51%
- ✓ Able to make provision for support when needed: 39%

## Preventative action is a priority

Many of the most popular health initiatives among men enable them to proactively support their health, such as online GP services and regular health checks.

Most popular wellbeing initiatives for men:



81% of men find their workplace wellbeing support useful, with preventative health benefits being most important to them.

## Quick-reference links and resources

### [NHS health checks](#)

Free health checks for people who are aged 40 to 74.

### [Men's Health Forum](#)

Offers 'man manuals' full of health information.

### [CALM](#)

A charity that helps people end their misery, not their lives.