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Last Updated: Wednesday, 3 August 2005, 12:41 GMT 13:41 UK

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## Health worries 'preoccupying' men

A third of men are preoccupied with concerns over their own health and that of those around them, a survey has shown.



Health and work worries plague young men

The Mintel finding contradicts the stereotype that men are not concerned about keeping well.

High levels of anxiety about careers and lifestyles in Mintel's survey of 1,880 men.

The Men's Health Forum said men were certainly aware of health concerns, but often did not act on them.

Mintel said 37% of men worried about their own health, with 22% concerned about the health of friends or family.

“ There's a myth out there that men aren't worried about their health ”

Dr Ian Banks, Men's Health Forum

Dr Ian Banks, president of the Men's Health Forum, said: "There's a myth out there that men aren't worried about their health, but actually they are.

"The problem is they find it difficult to express that worry."

He said that as men took more of a role in parenting, health issues became more of a concern because they had to take care of their children."

'Have realistic ambitions'

Mintel's survey also found 8% of men they surveyed were "anxiety ridden", with worries about jobs and homes and families peaking in the 25 to 44 age-group.

Angela Hughes, consumer research manager for Mintel described these men as going through an "early life crisis".

She added: "The key problem is their overambitious aspirations for themselves and their families.

"Over the next few years this group wants it all - better job, better home, more holidays, more time for themselves and they hope to achieve all this while reducing their debt levels as well.

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"Adopting more realistic ambitions would result in many men feeling happier and less stressed."

Ms Hughes added: "It is clear that many of the changes taking place - particularly in family and working life - have challenged traditional male roles, which seems to have left many feeling they lack direction.

"This will of course contribute to the levels of stress and anxiety that British men are experiencing at the moment."

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