Early detection of health challenges among socio-economic disadvantaged middle-aged men in a large Danish municipality

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Setting

Denmark

Aalborg

Barcelona

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Background

Neighbourhood

What do we know?
- Middle-aged men between 45-65 years
- Deprived neighbourhoods
- Socio-economic disadvantaged situation
- Risky health behaviour
- Different health challenges
- Sparse contact to the health services

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Aim

- To describe and explore the characteristics of socio-economic disadvantaged middle-aged men’s:
  - Perceptions on personal health
  - Health behaviour
  - Health literacy
  - Patterns of social- and health care contacts

- To explore health services available relevant to the men

- To recommend initiatives for early detection of health challenges based on the middle-aged men's situation

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Qualitative study

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
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<tbody>
<tr>
<td>Field observations</td>
<td>200 hours field observations in city parks, health care surroundings, home residents etc.</td>
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<tr>
<td>Interviews</td>
<td>26 ethnographic/in-depth interviews with middle-aged men</td>
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<td>21 ethnographic/in-depth interviews with health professionals, social workers and administrative leaders in the municipality</td>
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Preliminary findings

Health behaviour

- Alcohol is a significant part of life
- To quit smoking is challenging
- Cannabis and self-medication
- The use of electrical scooters limits the daily activity
- Food is important but a challenge

One of the men’s meeting place
Preliminary findings

Health seeking behaviour
- Knowledge of municipal health services
- Different challenges regards to displayed health symptoms
- Friends and family
- Self-medication

Municipal Health services
Take home messages

Challenges regarding

• Response to displayed health symptoms
• How to use health information
• Knowledge about existing health services
Thank you for your attention

For further information - please contact:

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References


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