

Foundation of Men's Health (ed.)

Sexuality of Men

3rd German Men's Health Report

Condensed version



<https://doi.org/10.30820/9783837977301-1>, am 16.08.2024, 17:05:21

Open Access –  – <https://www.nomos-elibrary.de/9783837977301-1>

Psychosozial-Verlag

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Publisher:
Foundation of Men's Health Berlin
Claire-Waldoff-Str. 3,
D-10117 Berlin
www.stiftung-maennergesundheit.de

In cooperation with:
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Bibliographic information of
Die Deutsche Nationalbibliothek (The German Library)
The Deutsche Nationalbibliothek lists this publication
in the Deutsche Nationalbibliografie; detailed bibliographic data
are available in the Internet at <http://dnb.d-nb.de>.

1st edition
© 2017 Psychosozial-Verlag
Walltorstr. 10, D-35390 Gießen
Fon: 06 41 - 96 99 78 - 18; Fax: 06 41 - 96 99 78 - 19
E-Mail: info@psychosozial-verlag.de
www.psychosozial-verlag.de

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Cover: Collage © KLAPPROTH + KOCH GmbH
ISBN 978-3-8379-2716-0
<https://doi.org/10.30820/9783837977301>

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Definition of Men's Health

At the invitation of the Men's Health Foundation, a group of experts developed a new definition »Men's Health« in April 2013. The definition has reference to the WHO concept of »Health« and includes dimensions of health and disease, risk and protective factors that require special prevention and care services for all phases of life (Gesundheitswesen 2015; 77 e30-e39. © Georg Thieme Verlag KG Stuttgart – New York. ISSN 0941-3790).

Definition of Men's health, developed by the Foundation of Men's Health, Berlin 24/4/2013

Men's health encompasses the dimensions of health and diseases which are particularly relevant to men and boys.

Health is a state of physical, psychological and social well-being resulting from a balance of risk and protective factors which is the responsibility of the individual, the partners, as well as being a collective responsibility.

Protective factors are a healthy and conscientious lifestyle, accepting one's strengths but also weaknesses as a man, meaningful experience and zest for life, social support and personal recognition.

Especially in men the risk and protective factors are unequally distributed, depending on education, ethnic and social background, income and professional position.

Health problems in men require special preventive and care services throughout life, which for the most part still need to be developed.

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