

Foundation of Men's Health (ed.)

Sexuality of Men

3rd German Men's Health Report

Condensed version



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University of Applied Sciences Merseburg
Department of Social Work, Media and Culture
Institute for Applied Sexuality Studies
Eberhard-Leibniz-Str. 2
D - 06217 Merseburg (Saxony-Anhalt)

Editors:
OMR Prof. Dr. sc. med. Doris Bardehle – Foundation of Men's Health, Berlin
Prof. Dr. phil. Heinz-Juergen Voss – University of Applied Sciences Merseburg
Prof. Dr. med. Theodor Klotz – Foundation of Men's Health, Berlin
Mrs. Bettina Staudenmeyer, B.A., M.A. – University of Applied Sciences Merseburg

Editorial office:
OMR Prof. Dr. sc. med. Doris Bardehle, Prof. Dr. phil. Heinz-Juergen Voss,
Mrs. Davida Drescher, Mrs. Loraine von Moltke (Revision of the English Edition),
Mrs. Bettina Staudenmeyer

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Fon: 06 41 - 96 99 78 - 18; Fax: 06 41 - 96 99 78 - 19
E-Mail: info@psychosozial-verlag.de
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With contributions from Aisha-Nusrat Ahmad,
Sabine Andresen, Doris Bardehle, Klaus M. Beier,
Jens Borchert, Martin Dinges, Nicola Doering,
Anja Drews, Talke Floercken, Annette Gueldenring,
Farid Hashemi, Michael Hettich, Michaela Katzer,
Torsten Kettritz, Theodor Klotz, Bernhard Koennecke,
Tillmann H.C. Krueger, Phil C. Langer, Torsten Linke,
Kirstin Linnemann, Michael J. Mathers, Carl-Philipp
Meyer, Gunter Neubauer, Jorge Ponseti, Thomas V. Rieske,
Arn Th. Sauer, Boris Schiffer, Katinka Schweizer, Kurt
Seikowski, Udo Sierck, Kurt Starke, Matthias Stiehler,
Heino Stoeber, Harald Stumpe, Stefan Timmermanns,
Elisabeth Tuidor, Heinz-Juergen Voss, Henrik Walter,
Martin Walter und Reinhard Winter

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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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