

Type: Research Paper

Subject: Issues in Nursing

Subject area: Nursing

Education Level: Undergraduate/College

Length: 3 pages

Referencing style: APA

Preferred English: US English

Spacing Option: Double

Title: Health Needs of Men

Instructions: in this written assignment, you will explore the health needs of men step 1: choose a health need to investigate. from the following list, choose one health need to focus on for this assignment: health needs of men: prostate health, cardiovascular health, sexual dysfunction, alcohol abuse step 2: research the incidence and impact of this health need. research the incidence and impact of the problem among the specified population. use at least three scholarly sources (that is, peer-reviewed journal articles or websites written by a group that has expertise and strong credentials in the field of interest). make sure that you use apa format to properly cite sources used. step 3: propose prevention strategies. propose two relevant population-based strategies at each level of prevention (primary, secondary, and tertiary). step 4: summarize your findings and intervention proposals. write a three-four page paper that includes: the incidence and impact of this health problem on the population two relevant population-based strategies at each level of prevention (for a total of six) a hypothesis of which strategy would lead to the greatest impact on health outcomes for this population. explain your answer and include evidence supporting your decision.

Health needs of Men

Student's Name

Institutional Affiliation

### Health Needs of Men

Epidemiological studies indicate that men have a shorter life expectancy than women, globally. Life expectancies of men and women differ by about five years (Östergren, Martikainen, & Lundberg, 2018). Men have special characteristics that influence their health negatively. Different social and cultural processes predispose men to particular health risks. The social integration of males in society also plays a key role in determining the health needs of men. Men are more vulnerable to unhealthy practices such as drug abuse that make their life

expectancies lower than that of women. Therefore, this an analysis of alcohol abuse among males, its incidences, the impacts of substance abuse, and its prevention strategies.

### **Alcohol Abuse and Health Among Men**

Excessive consumption of alcohol leads has many detrimental effects on individuals. Liquor abuse causes malnutrition due to the prevention of minerals' and vitamins' absorption. Excessive use of alcohol also causes blackouts or brain damage that increases memory loss. Abuse of liquor could also lead to diabetic complications since it causes sugar imbalance in the body. Besides, excessive use of alcohol could trigger damage of the central nervous system leading to paralysis or body numbness. Liquor abuse is also associated with erectile dysfunction. Excessive use of alcohol also increases the risks for throat cancer, blood pressure, heart disease, and poor mental health.

### **The Incidences of Alcohol Abuse Among Men**

The cases of excessive drinkers are more prevalent among men than women. It is estimated that about 60 percent of male alcohol consumers are excessive drinkers compared to about 40 percent of women considered to be heavy drinkers. The cases of alcohol abusers are worse among unemployed males in society. Some people take alcohol as a solution to their unending life challenges. Frustrations in life force people into excessive drinking that worsens as life situations get worse. Therefore, alcohol abuse cases are more prevalent among unemployed individuals or people facing difficult situations in life.

### **Impacts of Alcohol Abuse Among Unemployed Men**

Alcohol abuse among jobless males impacts negatively on their health needs. Lack of a job could trigger different levels of depression. However, depression cases worsen when individuals start engaging in uncontrolled drinking. The mental health of an unemployed

individual is severely affected by substance because it magnifies a simple problem to something that could seem unsolved. People become suicidal, violent, and hopeless when they attempt to solve life challenges through excessive alcohol use (Berenz et al., 2017). Besides, alcohol increases the risks of contracting the human-immune virus (HIV) among men (Gottert et al., 2018). People also become frail due to liquor abuse. High levels of alcohol use lead to loss of appetite among heavy drinkers. High levels of liquor consumption lead to reduced intakes of vitamins and minerals by the body, thus causing malnutrition. Besides, alcohol abuse causes financial mismanagement and social problems such as family breakages. Heavy drinkers are in constant troubles with friends, relatives, or workmates where in most cases they get hurt, thus incapacitating their productivity. Therefore, alcohol abuse could interfere with an individual's physical health through injuries or even result in fatalities during alcohol-related fights.

### **Alcohol Population-Based Prevention Strategies**

Different population-based prevention strategies and intervention methods could be used in curbing alcohol abuse among men. Liquor abuse prevention could be done at the primary, secondary, and tertiary levels.

#### **Primary Level Prevention Strategies**

The first strategy that could be used in alcohol abuse prevention is avoidance. You should avoid the company of friends that engage in irresponsible alcohol consumption. Choosing the right friends helps in avoiding bad influences that could lead to bad drinking habits. Secondly, alcohol abuse could be prevented through useful engagements. That is, even if an individual is unemployed, he or she could avoid idleness by volunteering their skills or participating in sports. Community work could also help in preventing alcohol abuse.

#### **Secondary Level Prevention Strategies**

The first prevention and intervention strategy that would be used at this level alcohol abuse detection. That is, men would be educated about liquor abuse and be enlightened about the early signs of the problem. Some people are alcohol abusers but they do know it. Therefore, education on drug abuse could help to detect if an individual is a liquor addict or not. Secondly, legislation could also help in intervening in alcohol abuse among men. For example, if the trading hours for alcohol are reduced, the availability of liquor would be limited hence reducing cases of alcohol use. Consequently, people will not spend a lot of time drinking as opposed to doing constructive activities.

### **Tertiary Alcohol Prevention and Intervention Strategies**

Counseling would be the most effective population-based strategy for intervening in alcohol abuse among men. Showing people alternative ways of living and how to make positive impacts in their lives could aid in rehabilitating liquor abusers. Rehabilitation and anti-stigmatization campaigns would also help in giving hope to alcohol abusers. Elimination of stigmatization in society could allow alcohol addicts to seek help without the fear of being discriminated against.

In summation, alcohol abuse is more prevalent in males than females. Liquor addiction causes different health conditions that include both poor physical and mental health. Alcohol abuse is more prevalent among unemployed men than the working ones. However, liquor abuse could be mitigated through meaningful engagement, rehabilitation, legislation, self-awareness, counseling, and anti-stigmatization campaigns.

### References

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