Men’s Health Equity

A Handbook

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Behavioral, social, and policy interventions to improve the health of the overall population have been less successful in reaching or improving the outcomes of men when compared with women. The field of men’s health equity explores how and why inequalities among men exist and presents evidence informing efforts to improve the health of men and reduce inequalities among them. Scholars in this field seek to use a critical lens to systematically explore the root causes of patterns of illness and disease, the specific needs of groups of men, and what can be done to improve men’s health and well-being.

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