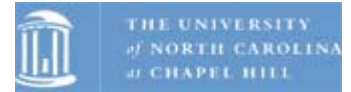




Men as Navigators (MAN) for Health



Project Description:

- The Men as Navigators for Health (MAN for Health) Project, sponsored by the Centers for Disease Control and Prevention, is a community-based participatory research project designed to improve the preventive health behavior of African American and Latino men as well as men's use of preventive health services in three North Carolina counties: Wake, Orange, and Chatham counties.
- In partnership with Wake County Human Services, the Orange County Health Department, the Chatham County Public Health Department, Wake Forest University School of Medicine, and UNC Chapel Hill, the long-term objectives of MAN for Health are to improve cardiovascular health among urban African American men (Community Partner = Strengthening the Black Family, Inc.); prostate cancer survivorship among rural African American men (Community Partner = United Voices of Effland Cheeks); and sexual health among rural Latino men (Community Partner = Chatham Social Health Council).

Background: Significance of African American and Latino Men's Health & Disparities:

- According to age-adjusted mortality rates for the leading causes of death in the United States, men have higher death rates than women for 14 out of the 15 leading causes of death (Hoyert et al., 2001; Williams, 2003). The prevalence of hypertension is 1.2 times higher among men than women and the incidence of cancer is 1.3 times higher among men vs. women (Williams, 2003).
- Among men, the most neglected populations who experience the poorest health outcomes and confront the largest barriers to health care are men of color (Satcher, 2003). Heart disease and cancer represent the leading causes of death among African American and Latino men (CDC, 2002). Among African American and Latino men ages 25-34, HIV/AIDS was the third leading cause of death among African American men, and the fourth leading cause of death among Latino men (Satcher, 2003).

Intervention Approach: Men as Navigators (MAN) for Health:

- Research efforts focus on evaluating a male lay health advisor [LHA] intervention to address these health disparities. Across all sites, 69 men were recruited to become lay health advisors (Navigators) and trained to recruit and provide health information to 197 men in their social network (Confidants). The protective effects of social support (inherent in LHA approaches) have been found to be associated with physical health (Cassel, 1976; Broadhead et al., 1983) and mental health (Turner & Turner, 1999; Amell, 2006). While LHA interventions have been increasingly implemented with women, few LHA studies have focused on men (Eng & Parker, 2002).

Key Findings To Date:

- *Among urban African American men in Wake County:* The percentage of African American men in Wake County who received a routine check-up in the last six months increased by 30% for Navigators and 13% among Confidants. Both groups endorsed beliefs regarding the importance of men taking responsibility for their health.
- *Among rural African American men in Orange County:* The average number of screening tests Confidants received increased at six months, as did the percentage of Confidants receiving a medical checkup in the past six months. At six months, both Navigators and Confidants had increased the number of vegetables eaten per day.
- *Among rural Latino men in Chatham County:* At six months, there was a 20% increase in condom use among both Navigators and Confidants. The percentage of Latino men who were tested for HIV and screened for sexually transmitted infections increased by 18% among Navigators and 8% for Confidants over six months.

Policy Implications:

- Disseminate MAN for Health project materials to communities interested in developing men's health programs.
- Expand funding efforts for similar men's intervention programs to community agencies and leaders interested in improving men's health.
- Endorse media promotion efforts to promote men's health awareness activities.

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