

Mission:

To build a network of international workforce, mobilizing communities to be self-sufficient, executing effective and efficient assessments, feasibility studies, and implementing projects for the complete physical, mental and social wellbeing of all.
—Optimal Wellbeing.

What do we do?

A-Kins Analysts and Project Managers, a minority woman owned community based small business, is a specialty provider of Health Consulting Services including:

- Health Care Advisory & Support Services
- Health Care Strategic Plans/Project Management
- Business Plan Development/Financial Resource Planning/Analysis

.....Health Care Systems Development; Research; Analytics; and community based social determinants of health -Economics

"Successfully implementing challenging projects in challenging places"

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US: MEN'S HEALTH



Men, often looked upon as less concerned about their health are in fact more interested and in tune with their health and the health of their family than any other member of



versely by socioeconomic and mental health. With the ego to feed, these two social determinants of health affect the health outcome of men more often than women in US. Women often get

Men's ego -socioeconomic, mental, and sexual life are in direct correlation with men's health outcome.

the family. The myth of men's health has been busted by data. Men however often sacrifice their health and comfort for that of their wife and children. This makes men look less caring, but in fact, they are really caring and often worried about their families and the future of their children.

Men are however less likely to visit their doctor more than once a year than women, because women must help with the children (or unborn child as the case may be); and hence the frequent visit to

the doctor. In general, doctors try to "catch" women on such visits and use the opportunity to catch-up on vaccination, screenings and so on. For instance, five out of ten women at high risk (i.e. Chronic Obstructive Pulmonary Disease - COPD), ages 18-64 ever received influenza vaccination within the past 12 months, compared to four out of ten men (Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey 2009-2014).

As deep futuristic thinkers, men are often affected more ad-

help with food and healthcare because they are the bearers of the future of America, while men have to wait in line.

In every economy, the ego of men must be healthy, for men's health outcome to thrive. Having a good job in a safe neighborhood, to raise a family is more important to men than any other factor, and this determines how healthy a man ends up being. **These correlations should not be underestimated.**



US Men's Health Care System

.....Where we are.

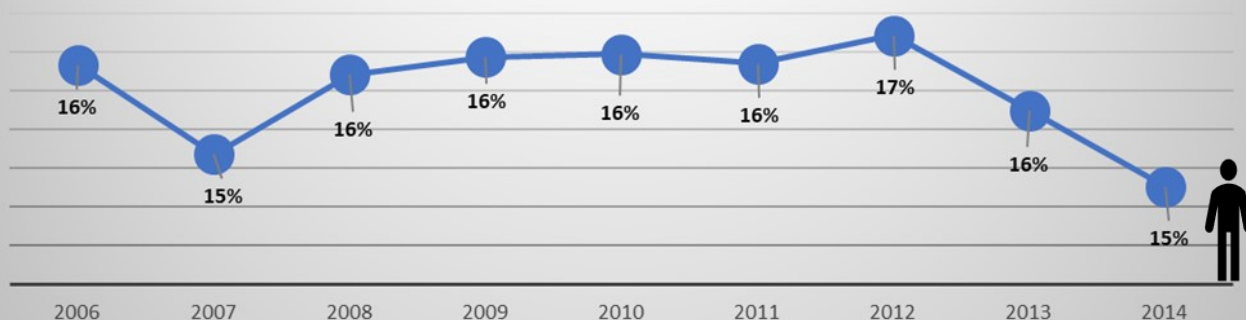
Major Functions of the Health Care System	The People	The Government	Health Care Regulatory Agencies	Health Care Market	Government Administrative Agencies
Power	X	X	X	√	X
Policy	X	X	X	√	X
Funds	X	X	X	X	√
Market	X	X	X	√	X
Price	X	X	X	√	X
Cost Savings	X	X	X	X	X
Health Care Status	X	X	√	X	X
Customer Selection	X	X	X	√	X

The **Power** is in the **Market**

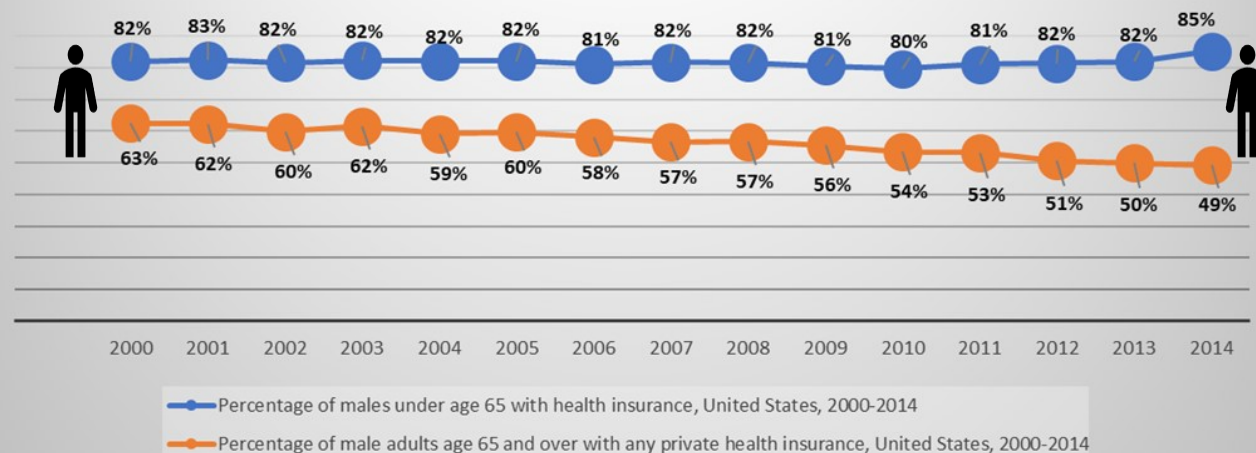
US Health Care in Reform

Health Care Status of Men

Men **Under Age 65** Whose Family's Health Insurance Premiums And **Out-Of-Pocket** Medical Expenditures Were **More Than 10% Of Total Family Income**, United States, 2006-2014



Percentage Of Male **Under Age 65** With Health Insurance Versus Male Adults **Age 65 and Over** With Any Private Health Insurance, United States, 2000-2014



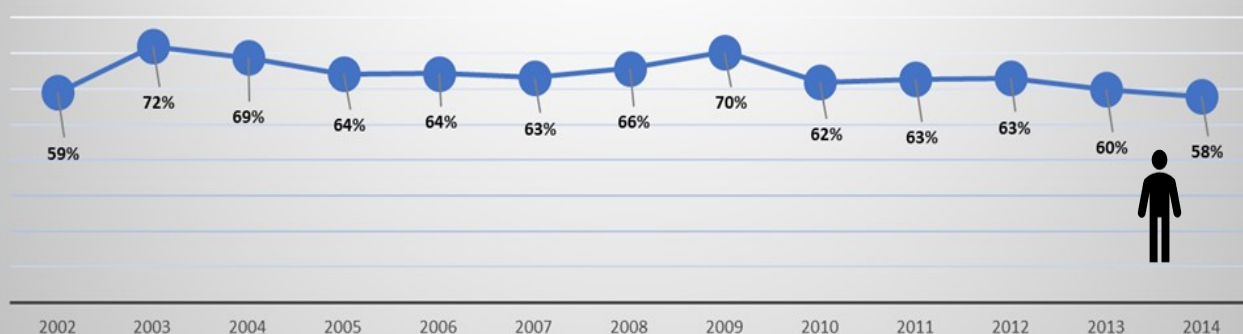
Source: Agency for Healthcare Research and Quality, Center for Financing, Access, and Cost Trends, Medical Expenditure Panel Survey.

<https://nhqrnet.ahrq.gov/inhqdr/data/query>

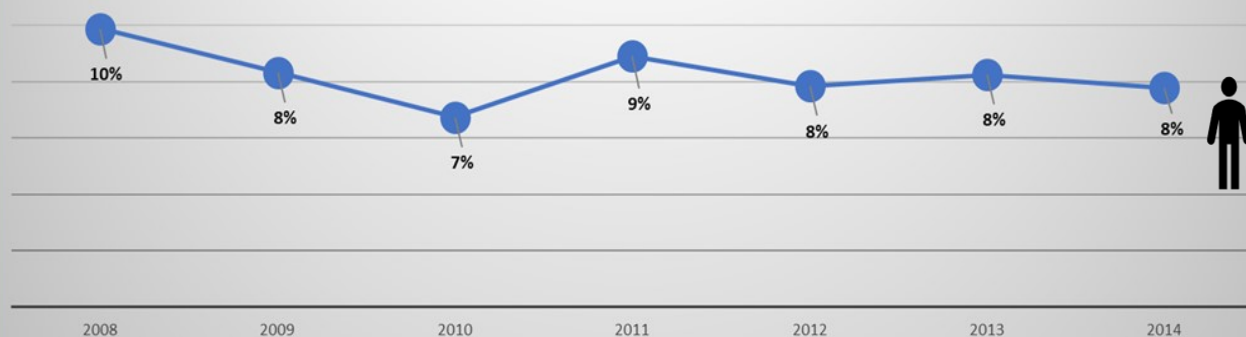
US Health Care in Reform

Health Care Status of Men

Percentage Of Male **Unable To Get Or Delayed** In Getting Needed Prescription Medicines Due To Financial Or Insurance Reasons, United States, 2002-2014



Percentage Of Male Who Had A Doctor's Office Or Clinic Visit In The Last 12 Months And Needed Care, Tests, Or Treatment Who **Sometimes Or Never Found It Easy To Get** The Care, Tests, Or Treatment, United States, 2008-2014



Source: Agency for Healthcare Research and Quality, Center for Financing, Access, and Cost Trends, Medical Expenditure Panel Survey.

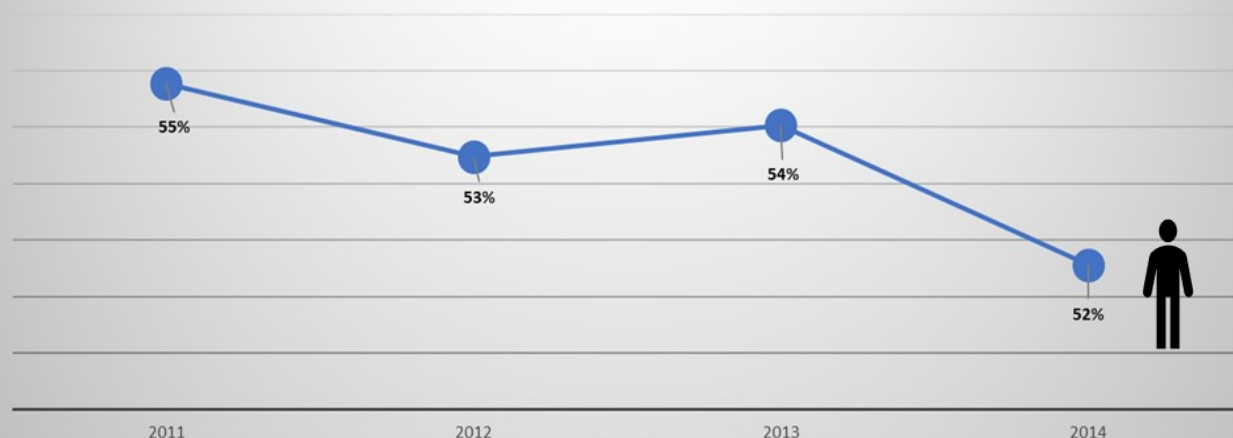
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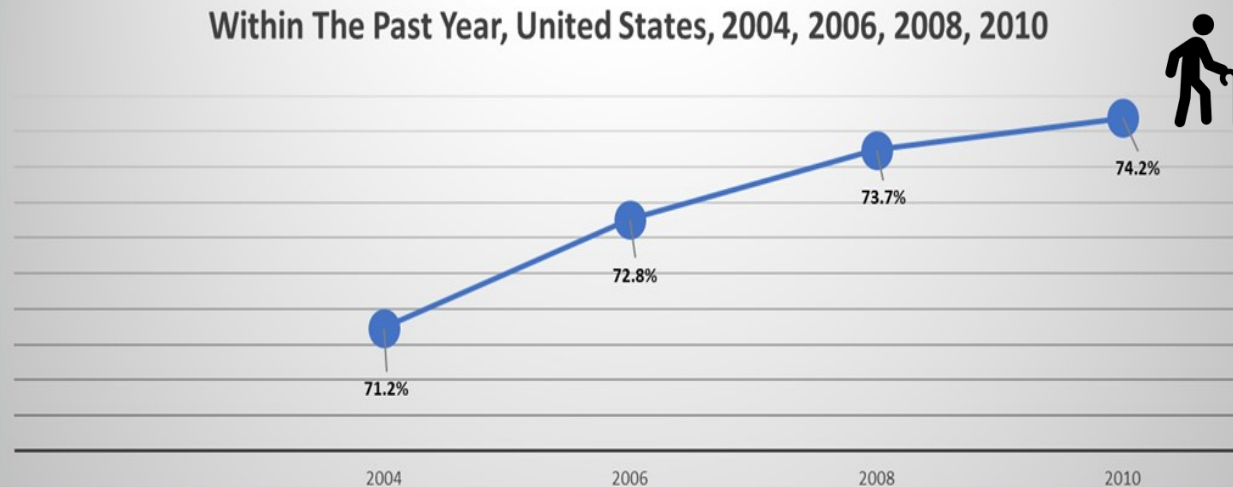
US Health Care in Reform

Health Care Status of Men

Percentage of Adult Men With Obesity Who **Do Not Now** Spend Half An Hour Or More In Moderate Or Vigorous Physical Activity At Least Five Times A Week, United States, 2011-2014



Percentage Of Male Age 75 And Over **Without Prostate Cancer Who Had a PSA Test Or A Digital Rectal Exam** For Prostate Cancer Screening Within The Past Year, United States, 2004, 2006, 2008, 2010



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey and Behavioral Risk Factor Surveillance System.

<https://nhqrnet.ahrq.gov/inhqdr/data/query>

More men have jobs than women, so it is expected that more men will have health insurance coverage (85% under the age of 65 years and 49% age of 65 years and over). Out of those men who have jobs, more men



al review and sexual health education. This is one thing that is often tackled with women who are trying to get pregnant or are pregnant, but is often left out of the care of men. Back ache being the number one chief medical complaint of

.....**back ache** being the number one **chief medical complaint** of the American population more often seen in men.

make more money than women, hence the coverage of healthcare out-of-pocket is seen to be less than 10% of the total household income 85% of the time (see graphs above 2006-2014). About 58% of men are unable to or delay getting prescription medication due to financial or insurance needs (see graphs above 2002-2014). Only 8% of men sometimes or never found it easy to get needed healthcare, treatment, or tests (see graphs above 2008-2014).

Five out of ten obsessed men spend half an hour or more on moderate to vigorous physical activity at least five times a week (see graphs above 2011-2014). Seven out of ten men, age 75 and over get screened for prostate cancer (see graphs above 2004-2010).

Men's sexuality is as important as that of women. Women just seem to get more attention because they are the bearer of the future of America. For the ego of men to be fully served, the sexuality of men and men's sexual health must be taken care of. Every male doctors visit should include a full sexu-

the American population, is often seen in more men than women. These are not "fall off ladder" back aches, these are actually poor sexual health habits that need to be reviewed with physicians at least once a year. These back-aches are preventable and do not always warrant surgery. Sexually transmitted disease education and tests should also be a part of the annual physical of men. Women get fully tested each time they get pregnant or have a physical. Men should also be taught how to look out for these and get tested. **Not all complaints are due to wear and tear of men's sexuality.**

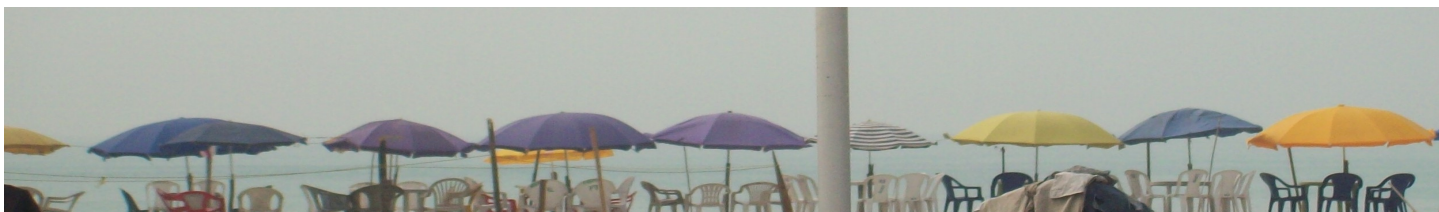


US Men's Health Care System

.....Where we should be.

Major Functions of the Health Care System	The People	The Government	Health Care Regulatory Agencies	Health Care Market	Government Administrative Agencies
Power	✓	X	X	X	X
Policy	✓	X	✓	X	X
Funds	✓	✓	X	X	✓
Market	✓	X	X	X	X
Price	✓	X	X	X	X
Cost Savings	✓	X	X	X	✓
Health Care Status	✓	✓	✓	X	X
Customer Selection	✓	X	X	X	X

Giving the **Power** Back to the **People**



The Best of Two Worlds: Bar Beach, on the Island, Lagos Nigeria



Author: Folorunso Akintan MD MPH MBA

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Looking forward to hearing from you!



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"Successfully implementing impossible projects in impossible places"

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