



Men's eHealth Network Research Project Information Letter

Thank you for taking interest in the MEHN (Men's eHealth Network).

The Prostate Cancer Foundation of Australia (PCFA) has received funding from the Australian Government Department of Health and Ageing's Active Community Grant to develop this initiative together with the Vario Health Institute (VHI) based at Edith Cowan University, Perth, Western Australia. The research project is based around an online community (MEHN) which aims to encourage men to adopt positive lifestyle changes, i.e. seek help from health professionals, increase physical activity levels, enjoy healthier diets and speak out about troubling issues. Ultimately this research project will identify a new approach to assist in reducing the high proportion of male deaths that could be prevented by lifestyle changes (5 male deaths every hour). As a MEHN user you will be able to take advantage of health and lifestyle information (health screening/exercise/nutrition/mental wellbeing) and downloadable resources (exercise programs/self organisation tools/health assessment and screening log book) hopefully prompting you to *'Take Charge of Life'*.

VHI will be statistically analysing your usage of the site (pages accessed, posts on forums etc...). Additionally, the data you update in your community personal profile will be utilised to compare all users of the site and potentially against other research projects. The population we are targeting is men over 40 years of age. It is this population who is at significant increased risk of developing or already has serious health conditions. If used effectively this website could help to point you in the right direction towards modifying your lifestyle providing you with increased health benefits that will go a long way towards helping you live longer and improving your quality of life. The website and resources should also prompt you to proactively seek advice from allied health professionals.

Please be aware that the website Men's eHealth Network is not a medical service. Men's eHealth Network provides information and resources to prompt you to begin relationships with allied health professionals in your region. Please check with your health care provider about your ability and need to perform the activities/assessments mentioned on Men's eHealth Network.

Your consent for us to collect and use your data for research purposes will be implied if you chose to use Men's eHealth Network after accepting our terms and conditions and reading this information letter.

Please be aware that you can withdraw from the research project at anytime. If you decide to do this it would be much appreciated if you emailed us your reasons for discontinuing the project. Any queries please email the site administrator Shane: mehnadmin@mehn.org.au

For more or unbiased information please contact Edith Cowan Universities Ethics Department representative Kim Gifkins at research.ethics@ecu.edu.au



Australian Government
Department of Health and Ageing



Prostate Cancer
Foundation
of Australia

VARIO vario
health
institute



Why and How to get started?

Become an important part of something great. Help to develop a new culture, where men actually speak up about their health concerns and actively seek to improve their health through lifestyle changes. MEHN community is a great opportunity to break out of your comfort zone and meet some new people. You will be able to extend support to your new found mates and they will hopefully return the favour. There is no need to bottle things up, get things off your chest that have been bothering you for days, weeks, months or even years. Along the way pick up some tips on how to potentially improve the quality and length of your life! Even though the responses may not be in real time as you read them they will come 'alive' and inspire you to *'Take Charge of Life'*. Your relationship between your MEHN comrades will become stronger with every time you log on.

Have a look at the posted topics and find one or a few of common interest and get started posting! If there is a new topic that you would like to find out more about then feel free to create a new thread. Then just wait and see what MEHN come to the table.

The MEHN website features a calendar where we will keep everyone in touch with upcoming events. If you know of an event that you feel the MEHN community would benefit from send us an email at mehnadmin@mehn.org.au so we can check it out and if it is all good we will add it to the list.

We hope you are able to benefit from the MEHN community and assist some other MEHN in need of support or encouragement. We hope that we are all able to use the MEHN community as grown men and avoid situations that might cause disharmony.

Cheers,

MEHN Administration



Australian Government
Department of Health and Ageing



Prostate Cancer
Foundation
of Australia

VARIO

vario
health
institute

