

BERLIN, 22. Juli 2026

JOINT PUBLIC STATEMENT: Strengthening Men's Health in Germany Contributes to Better Health for All

We are a group of German and international experts from academia, civil society and politics. We are convinced that a national strategy to promote men's health in Germany could make an important contribution to improving the health of men and society as a whole.

Following a meeting in Berlin, we call for political engagement in the development of a national men's health strategy to be resumed without delay and for greater priority to be given to this issue.

We discussed developments to date in men's health policy in Germany, as well as international experiences and recommendations – particularly in the European and global context. It became clear that Germany would benefit from a gender-sensitive approach that systematically takes into account the specific health needs of men. The aim of such a strategy should be to reduce preventable mortality among men, address health inequalities, improve the quality of life of everyone and, in the long term, reduce the social and economic costs resulting from preventable diseases. We support the further development of networks and partnerships to promote men's health.

Poor health outcomes among men are neither exclusively biologically determined nor inevitable. Men are more likely to die prematurely from preventable causes and face an increased risk of many non-communicable diseases. In addition, social expectations around masculinity can influence health-related behaviour and help-seeking. At the same time, existing health services are not sufficiently tailored to the diverse circumstances and needs of men and vary considerably between regions. A national strategy could define objectives, bring together measures, promote research and evaluate progress using common indicators.

Improving men's health benefits not only men themselves. It strengthens families, relationships, workplaces and communities and can contribute to greater health equity overall. We therefore explicitly see the promotion of men's health as complementary to – not in competition with – the promotion of women's health.

In Germany, the debate on men's health is currently gaining renewed momentum. Previous initiatives, including the 2021 Men's Health Manifesto published by the Bundesforum Männer, the Stiftung Männergesundheit and the Netzwerk Jungen- und Männergesundheit, have so far not resulted in a comprehensive national strategy. The manifesto already made clear that men's health should be part of a comprehensive gender-sensitive health strategy.

Internationally, progress has also accelerated. With its strategy for promoting the health and well-being of men in the European Region, adopted in 2018, the World Health Organization (WHO) sought to provide its Member States – including Germany – with a framework for strengthening men's health through targeted policy measures and gender-sensitive approaches.

An increasing number of countries are now developing national men's health strategies or action plans. Ireland was the first country in the world to adopt a national men's health policy in 2008. Australia followed with its first men's health strategy in 2010. England adopted such a strategy last year, becoming the first G7 country to take this step. Canada has also reaffirmed its intention to initiate a comparable process. These international experiences demonstrate that men's health is increasingly being recognised as a distinct area of public health policy and can be integrated into comprehensive strategies aimed at reducing health inequalities.

In April 2026, German Member of the Bundestag Sascha van Beek, rapporteur for men's health, and British Member of Parliament Alistair Strathern reaffirmed the importance of a national men's health strategy for Germany during a webinar organised by Global Action on Men's Health, Global Health Hub Germany and Stiftung Männergesundheits.

We call on policymakers, academia, the healthcare sector and civil society to work together to create the conditions for a national men's health strategy. Such a strategy should complement existing health strategies and define measurable objectives for prevention, health promotion, healthcare provision, research and evaluation. It can help to sustainably improve the health of men – and thereby make an important contribution to the health of society as a whole.

We will continue our collaboration and work together to advance men's health in Germany and contribute to better health for all.

List of Supporters

- Stiftung Männergesundheits / Men's Health Foundation
- Global Action on Men's Health
- Movember
- SOWIT, Netzwerk Jungen- und Männergesundheits / Network for Boys' and Men's Health
- Sascha van Beek, MdB, Mitglied des Deutschen Bundestages, CDU/CSU-Fraktion, Mitglied im Gesundheitsausschuss / Member of the German Bundestag, Member of the Health Committee
- Institut für Gender-Gesundheit e.V.

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