


Masculinities and health in the Americas (Paho, 2019)

- ▶ **PAHO - APHA Equity Panel**

- ▶ Benno de Keijzer
- ▶ Public Health Institute / Veracruz University
- ▶ PROITH/CIGU/UNAM

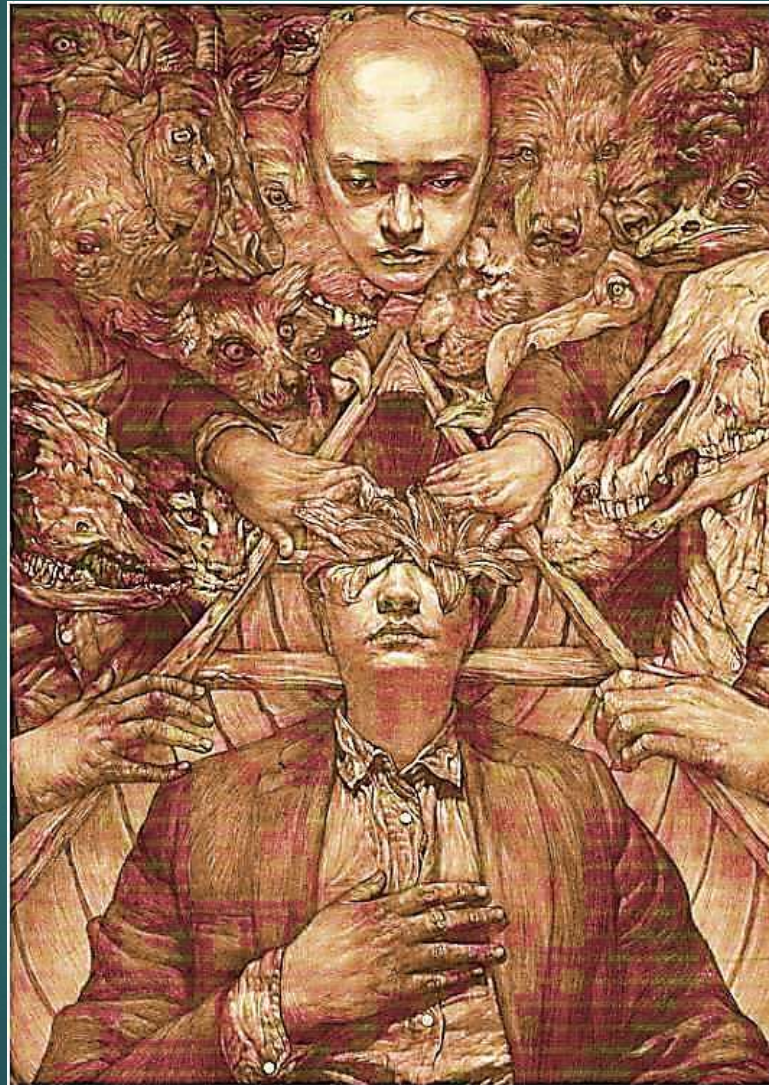
- ▶ June 2022



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- ▶ Yourcenar?
 - ▶ Manbox English?

Gender Culture

It's not in
our
genes...



With
socialization we
incorporate (in
corpus)
mandates
through formal
and informal
educational
processes

THE MAN BOX

FIGURE 3.2 THE MAN BOX IN SEVEN PILLARS



Self-Sufficiency

A man who talks a lot about his worries, fears, and problems shouldn't really get respect

Men should figure out their personal problems on their own without asking others for help



Acting Tough

A guy who doesn't fight back when others push him around is weak

Guys should act strong even if they feel scared or nervous inside



Physical Attractiveness

It is very hard for a man to be successful if he doesn't look good

Women don't go for guys who fuss too much about their clothes, hair, and skin

A guy who spends a lot of time on his looks isn't very manly



Rigid Masculine Gender Roles

It is not good for a boy to be taught how to cook, sew, clean the house, and take care of younger children

A husband shouldn't have to do household chores

Men should really be the ones to bring money home to provide for their families, not women



Heterosexuality and Homophobia

A gay guy is not a "real man"
Straight guys being friends with gay guys is totally fine and normal (positive statement)



Hypersexuality

A "real man" should have as many sexual partners as he can
A "real man" would never say no to sex



Aggression and Control

Men should use violence to get respect, if necessary
A man should always have the final say about decisions in his relationship or marriage

If a guy has a girlfriend or wife, he deserves to know where she is all the time

PRIVILEGES OF MEN

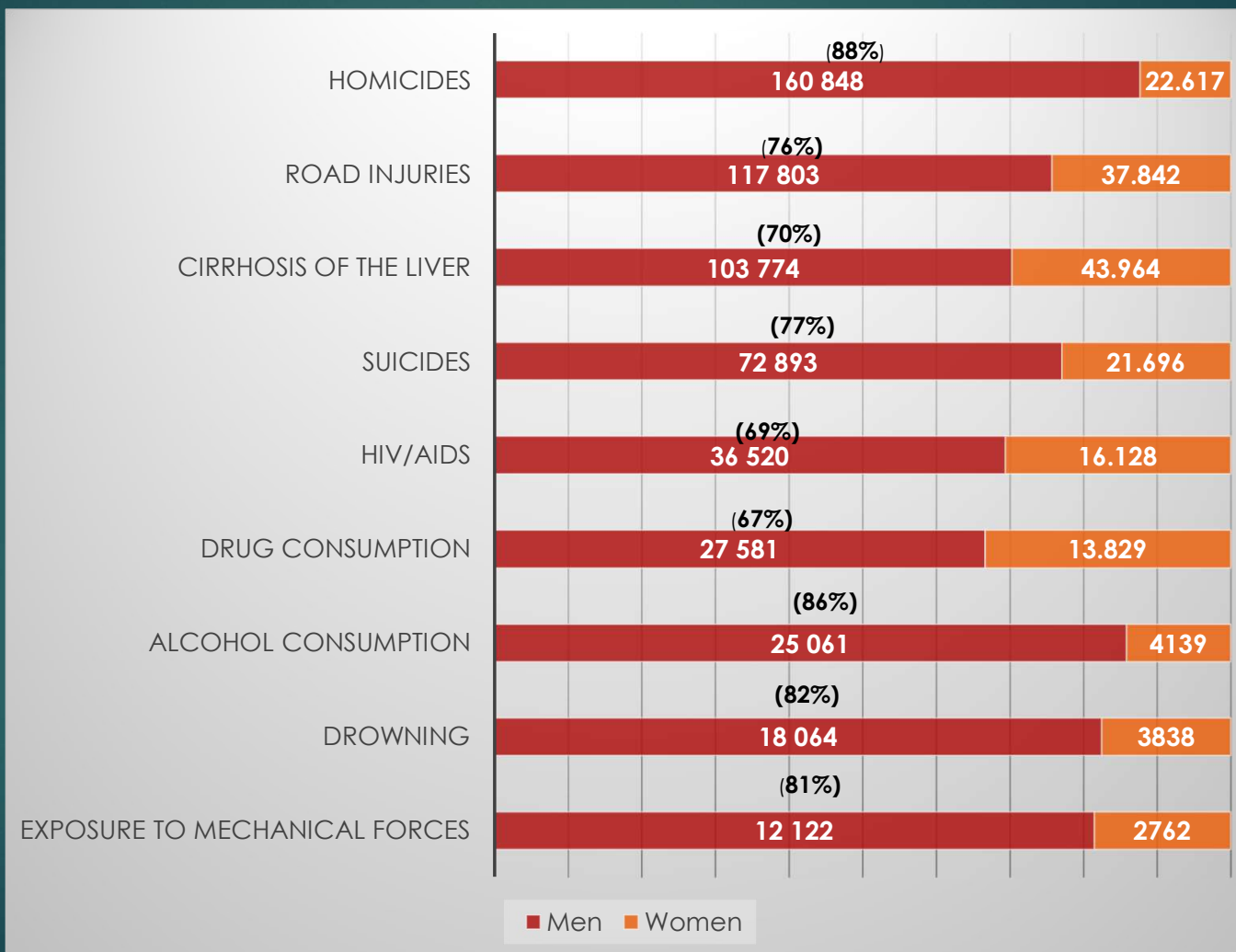


COSTS

**For women
Other men
Ourselves**

Inspired by the
violence triad
Michael Kaufmann

Percentage distribution of mortality in men and women, according to selected causes that mainly affect men, Region of the Americas, 2011-2015

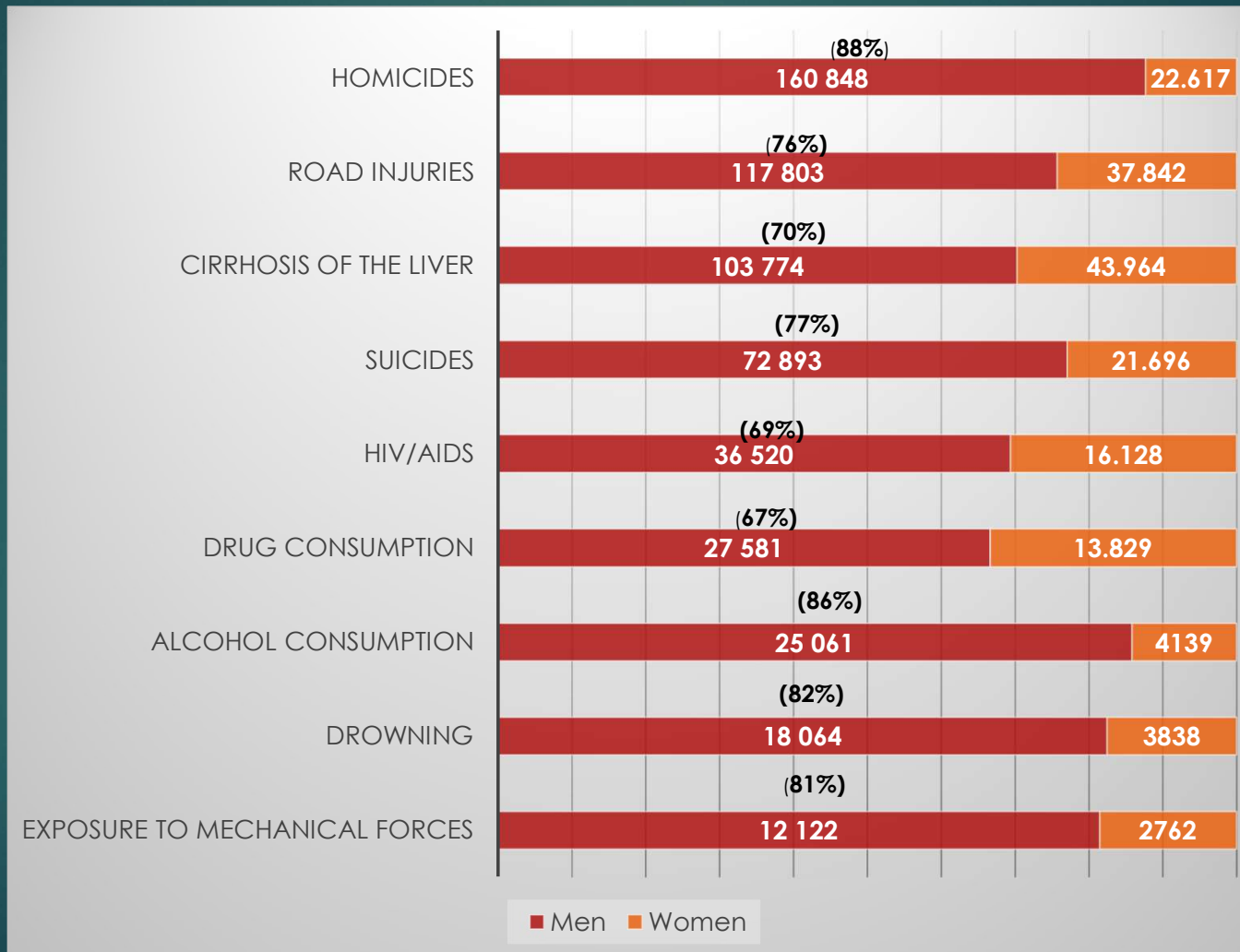


COVID

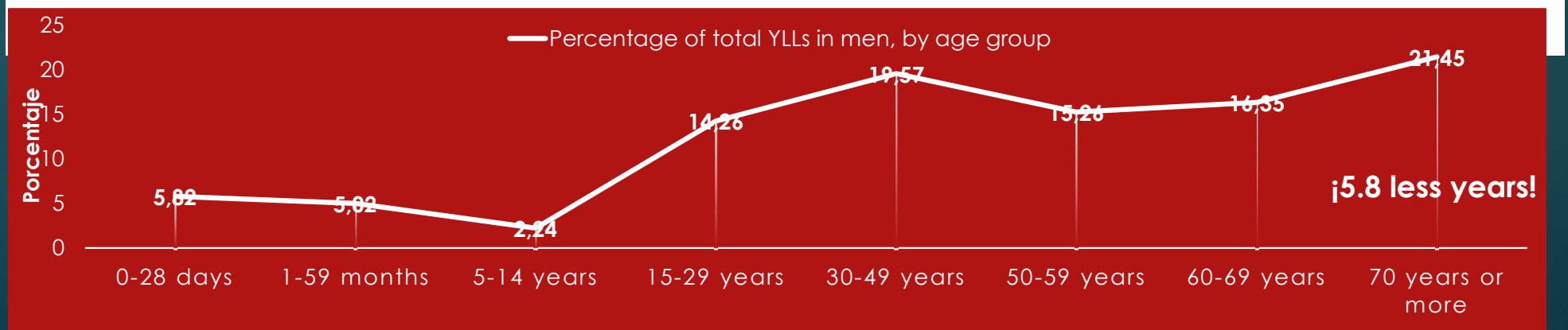
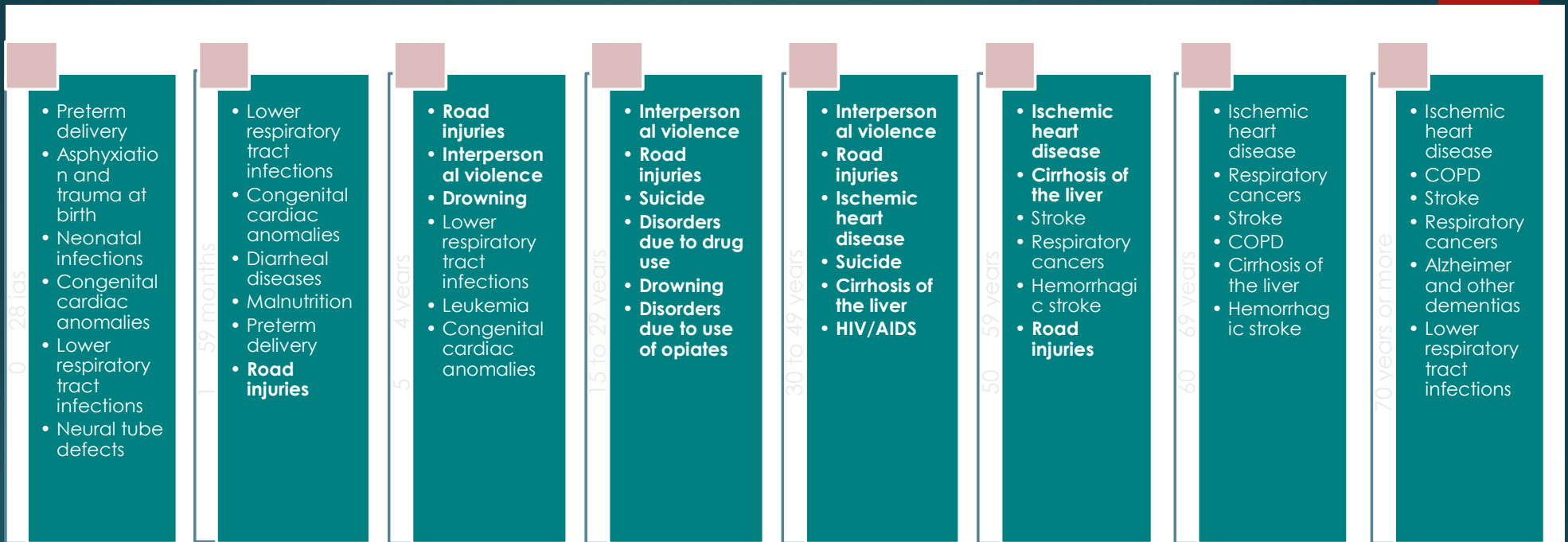


5.8 years less life expectancy

Percentage distribution of mortality in men and women, according to selected causes that mainly affect men, Region of the Americas, 2011-2015



Leading causes of years of life lost (YLL) in men throughout the life cycle, `Region of the Americas`, 2015



Intersectionality: Vulnerabilities caused and experienced in relation to masculinities

Being unemployed

Causes emotional wear and tear, stress, social shame, and social and family detachment

Being poor

Increased vulnerability in work and socially

Being a migrant

Precariousness in work, health, housing, and exposure to illegal drugs and STIs

Men

Being young

Exposure to interpersonal violence, road injuries, and suicide

Risk practices

and greater probability of dying prematurely

Not being heterosexual

Harassment, stress, and social stigma

Hidden morbidity

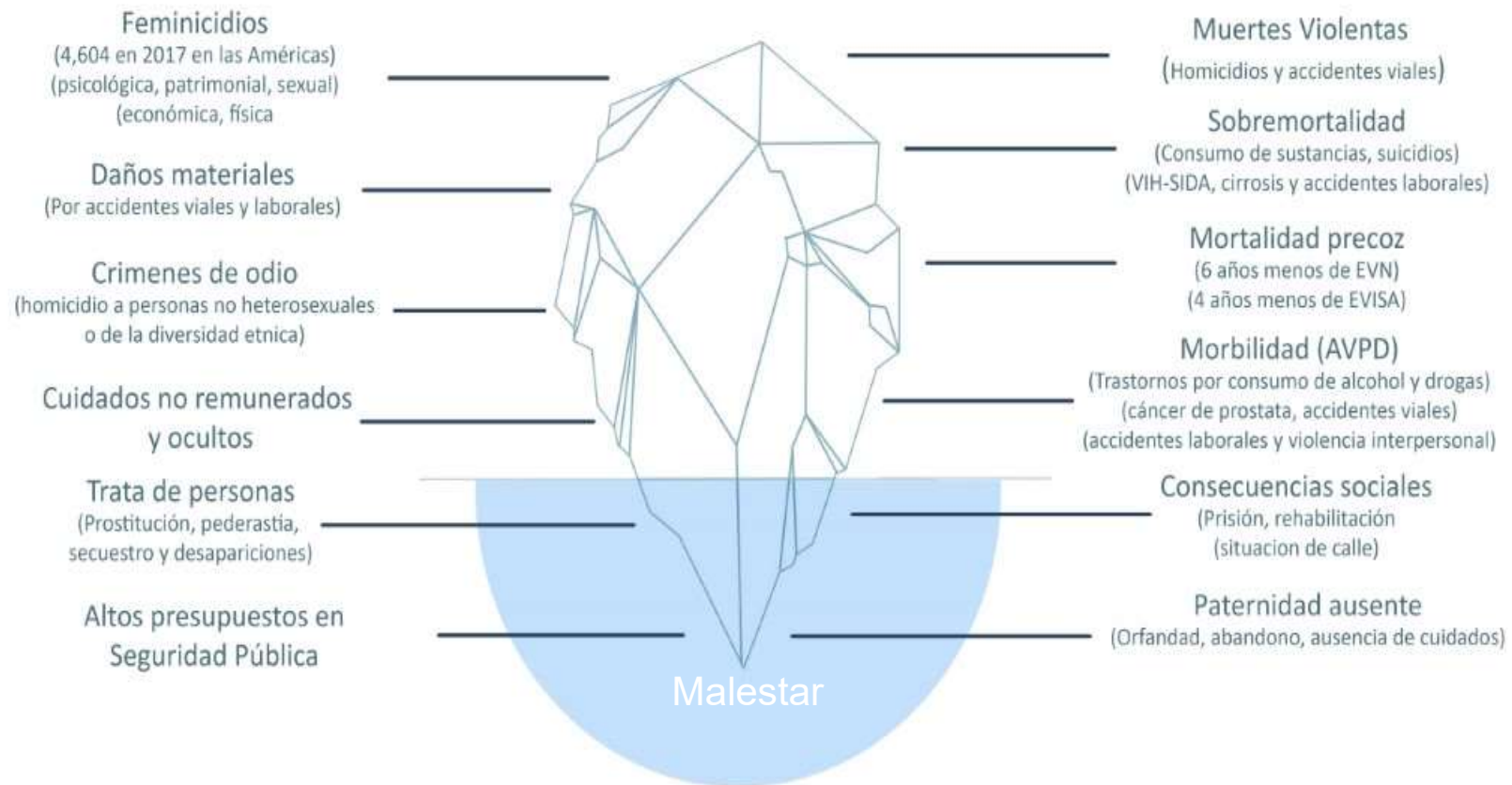
Lack of self-care, failure to seek help, and inadequate health services

Being indigenous or Afro-descendent

Presence of social determinants of health: hegemonic masculinity

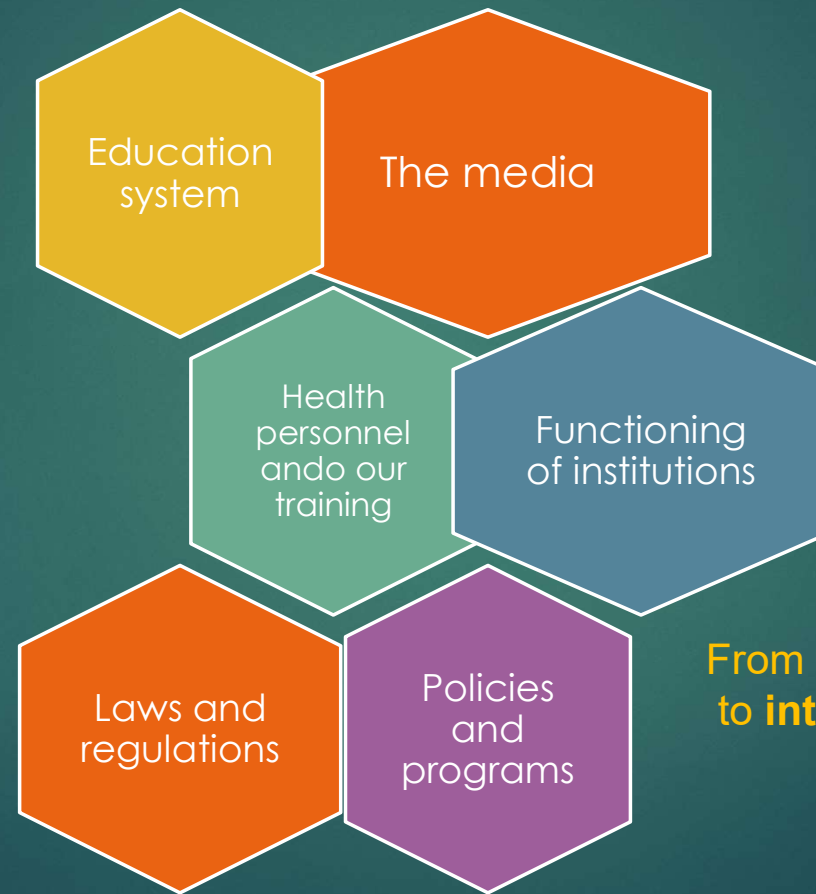


Costos de la masculinidad hegemónica



Hidden at plain sight

Recommendations: Masculinities and gender equality have to be addressed in multiple levels:



From the **interseccionalidad** of vulnerabilities to **intersectorial action**

Pathogenesis

Public health

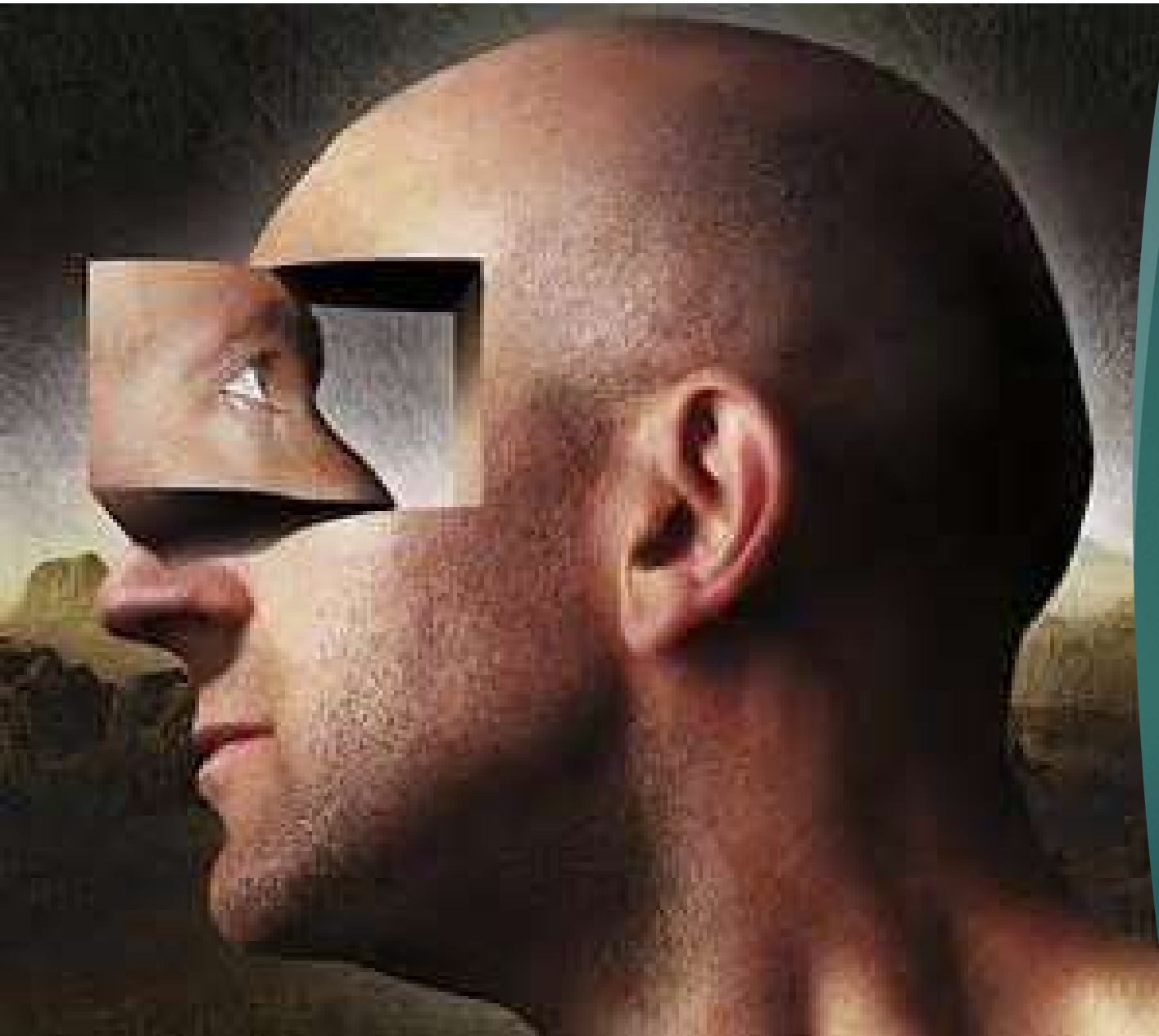
Salutogenesis:

men taking care for themselves and others
stopping gender inequalities and violence

Aarón Antonovsky



▶ No víctimas sino responsables



Thank you

bennodek@hotmail.com