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# Men's Health Quiz



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## Q.1

How many years could smoking take off your life?

- A) 8
- B) 10
- C) 11
- D) 17



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## Q.2

How many years can a healthy lifestyle add to your life?

- A) 7
- B) 10
- C) 14
- D) 50



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## Q.3

How many men in the UK die before they are old enough to retire?

- A) 12%
- B) 20%
- C) 25%
- D) 40%



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## Q.4

Alcohol, what's the NHS's suggested maximum number of units per week for men?

- A) 0
- B) 8
- C) 14
- D) 21



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## Q.5

How many calories does the average man need in a day?

- A) 1330
- B) 2000
- C) 2500
- D) 119



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## Q.6

What is normal blood pressure?

- A) 140 over 90
- B) 120 over 80
- C) 90 over 60
- D) 22



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## Q.7

What percentage of employers would hire someone with volunteering experience over someone who has never volunteered?

- A) 40%
- B) 10%
- C) 70%
- D) 90%





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## Q.8

What percentage of cancers can be prevented by adopting a healthy lifestyle?

- A) 3%
- B) 40%
- C) 90%
- D) 28%



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## Q. 9

Generally, what is the healthy body fat percentage for standard adult males?

- A) <8%
- B) <25%
- C) <30
- D) 30%+



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## Q.10

In 2022/2023 what percentage of males reported having concerns about their own mental health?

- A) 63%
- B) 2%
- C) 76%
- D) 29%



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## Q.11

In 2023/2024, reports found that what percentage of males consumed the recommended daily intake of 5 or more portions of fruit and veg per day.

- A) 36%
- B) 45%
- C) 37%
- D) 28%



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Q.12

Can you name the 5 steps to wellbeing?



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## Q.13

What is considered a healthy heart rate for a man at rest?

- A) 70
- B) 100<
- C) 220
- D) <60



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## Q. 14

Which burns the most calories?

- A) Swimming
- B) Dancing
- C) moving furniture
- D) roofing
- E) chopping wood
- F) Using a step machine



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# Answers





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## Q.1

How many years can smoking take off your life?

- A) 8 –Tobacco kills more than 8 million people each year, including an estimated 1.3 million non-smokers who are exposed to second-hand smoke.
- B) **10- Answer**
- C) 11- Each cigarette takes about 11 mins off your life
- D) 17- 17% of men in the UK smoke

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## Q.2

How many years can a healthy lifestyle add to your life?

A) 7

B) 10

C) **14 Answer**

D) 50

- Not currently smoking
- Drinking less than 14 units of alcohol/week
- Eating 5 a day fruit and veg being active.
- Doing all four can add around 14 years

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## Q.3

How many men in the UK die before they are old enough to retire?

- A) 12% (1 in 8) – one woman in 8 dies before 65
- B) 20% – (1 in 5) Answer
- C) 25%– (1 in 4) – one woman in 4 dies before 75
- D) 40%– (2 in 5) – two men in 5 die before 75

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## Q.4

Alcohol, What's the NHSs suggested maximum number of units a week for men?

- A) 0 – Although the odd drink probably won't hurt, the NHS now says 'there is no such thing as a 'safe' level of drinking, only a 'low risk' level.
- B) 8 –There's no hard definition of binge drinking but its about 8 units in one session.
- C) 14 –Answer, that's about 6 pints on average.
- D) 21 – The guidelines for men used to be 21 before they were revised in 2016.

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## Q.5

How many calories does the average man need a day?

- A) 1330 – Calories in Big mac (508), large fries (440) and chocolate milkshake (380)
- B) 2000– Number of calories the average woman needs (and a good target for men aiming to lose weight through reducing calories)
- C) **2500– Answer**
- D) 119 – Calories in 1 tablespoon of Olive Oil

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## Q.6

What is normal blood pressure?

- A) 140 over 90 = High blood pressure
- B) **120 over 80 = Answer**
- C) 90 over 60 = Low blood pressure
- D) 22 over 7-  $22/7 = (\pi)$ - very useful for figuring out the circumference or area of a circle.



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## Q.7

What percentage of employers would hire someone with volunteering experience over someone who has never volunteered?

- A) 47%- In 2023/2024 47% of adults volunteered within the previous year
- B) 73%- 73% of people who volunteered in 2023/2024 stated that it made them feel better about themselves
- C) **70% - Answer**
- D) 80% - In 2019/2020 80% of those who volunteered with an organisation stated that their 'efforts were recognised/appreciated by the organisation



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## Q.8

What Percentage of cancers can be prevented by adopting a healthy lifestyle?

- A) 3% - 2-3% of cancers are inherited
- B) **40% - Answer**
- C) 90% - 90% of melanoma skin cancer cases in the UK could be prevented by staying safe in the sun and avoiding sun beds
- D) 28% - Eating too little fibre causes 28% of bowel cancers in the UK

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## Q. 9

Generally, what is the healthy body fat percentage for standard adult males?

- A) <8% - Underfat
- B) <25%- Answer
- C) <30 - Overfat
- D) 30%+- Obese



## Q.10

In 2022/2023 what percentage of males reported having concerns about their own mental health?

- A) 63% - Of the 29% of males reported having concerns about their own mental health in the past year, 63% of them sought help.
- B) 12% - Mental illness in Northern Ireland is estimated at well over £3.5 billion per year, which in monetary value is equivalent to about 12% of Northern Ireland's national income
- C) 81% - In 2022/23, 81% of men said they had high or very high levels of satisfaction with life.
- D) 29%- Answer



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## Q.11

In 2023/2024, reports found that what percentage of males consumed the recommended daily intake of 5 or more portions of fruit and veg per day.

- A) 36% -Answer
- B) 45%- Females
- C) 37%- Adults are overweight (23/24)
- D) 28%- are obese

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## Q.12

Can you name the 5 steps to well being?

- Give to others
- Be active
- Connect
- Keep learning
- Take notice (Mindfulness)

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## Q.13

What is considered a healthy heart rate for a man at rest?

- A) **70 – Answer** (Between 60 – 100 bpm is considered normal for adults)
- B) 100< – Heart rate greater than 100 indicates an increased risk of heart attack, stroke or heart failure
- C) 220 – Useful in calculating your maximum heart rate (220-age).
- D) <60 – A heart rate below 60 bpm while resting is too slow for most people. A slow heart rate, can be normal for people like athletes. If you have a slow heart rate and are experiencing symptoms like fainting and tiredness, you should make an appointment with your GP.

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## Q. 14



Which burns the most calories?

- A) Swimming
- B) Dancing
- C) moving furniture
- D) roofing
- E) chopping wood
- F) Using a step machine

They're all much the same. An eleven stone person will burn about 220 calories in half hour doing any of these things.

Heavier people will burn more calories.



## Reference list

- Cancer research UK - <https://www.cancerresearchuk.org/>
- Department of Health - <https://www.health-ni.gov.uk/>
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- NHS - <https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/>
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- Men's Health Forum - [MensHealthInNumbers3.pdf](#)
- Action Man Manual - [actionman.pdf](#)
- Tanita - [bodycompositionguide.pdf](#)
- World Health Organisation - [Tobacco](#)
- Hope4Life NI- [Mental Health Statistics | Hope4Life](#)